



Anchor of Hope Charities

www.anchorofhopecharities.org

Contact: Judy Kendall, Founder of AOH. 317-750-4244

May 2010 trip to Lusaka, Zambia, Africa

Calendar of EVENTS

There are TWO options for this trip. A daily calendar is attached.

Option 1: May 1 – May 10. Cost: \$850

Travel to Anchor Orphanage, where the team will operate a free **MEDICAL CLINIC** to the 1000 +/- people within walking distance. Some team members will assist with clearing the grounds and laying the foundation for the NEXT **Anchor Orphanage School**, the first being completed in October 2009. Still other team members will become teachers for the 186 children who attend Anchor Orphanage.

Option 2: May 1 – May 15. Cost: \$1950

Option 1 *plus* Travel to **Kwalo School of Good Hope**, another orphanage that Anchor of Hope Charities provides services to. **Safari in Botswana**. Visit one of the 7 natural wonders of the world – **Victoria Falls!** And experience the culture of Zambia, Zimbabwe and Botswana through tribal dancing events, cultural village shopping and more!

CLINICAL MISSION

The Anchor of Hope **Clinical Team** will be setting up and conducting a free medical clinic in an area just outside of Kabwe. The clinic will operate for 4 days. The clinic will be held in a secure building located on the grounds of Anchor Orphanage. Services will be provided to any of the 1000 +/- people within walking distance of Anchor Orphanage.

The calendar of events is as follows:

A survey is currently being conducted on the clinic needs of this specific community (in progress as of November 2009). Needed services that we are currently knowledgeable of are:

- Eye Care: Exams, treatments, glasses fittings.
- Leg and Foot Care. Exams, care, treatment. (Many residents complain of leg pain)
- General Medicine.
- Dental Care: Exams, treatment.

Clinical Team Members:

Optometrist: 1

Medical Doctors: 2 (We have one MD currently signed up)

Nurse Practitioner: 1-2

Medical Students: open

Dentist: 2

Medical Supplies specified by the clinicians and needed for the clinic will be carried by team members. Anchor of Hope Charities will pursue donations based on the defined needs and requests of the clinical team. Or - Supplies can be donated by the attending team members. (Reimbursement may occur, and requires agreement between team member and Anchor of Hope Founder, Judy Kendall.)

Sterilization of medical tools can occur over open fire. Additional Anchor or Hope team members will be assigned to this role. Anchor of Hope Charities (as of 12/5/09) is anticipating a donation of solar panels – while will allow for energy during the clinic operations. (progress reports will be provided in February)

Regulations regarding clinical practice in Zambia and liability insurance: Clinicians working in Zambia for short term mission projects are not required to carry malpractice insurance coverage. You are still advised to contact your malpractice provider. Independent clinicians are required to send their credentials to the medical council of Zambia. Registration fees may be waived for those providing humanitarian work. AOH can coordinate any submissions to the Medical Council at:

Medical Council of Zambia

PO Box 32554

Lusaka, Zambia

Tel: 236241 Fax: 239317

Housing will be provided for the Clinical Team on the Anchor Orphanage ground. No electricity is available. A water pump is located with 25 feet of the building, and there is a small lake on the property. A restroom exclusive to the building is located on the grounds.

BUILDING MISSION

The Anchor of Hope **Building Team** will be preparing to lay the foundation for the new boarding school at Anchor Orphanage. You will be able to view the blueprints for this building prior to the trip, and talk with the Zambian team on your role in assisting with clearing of the land and laying the foundation.

Housing will be provided for the Building Team on the Anchor Orphanage ground. No electricity is available. A water pump is located with 25 feet of the building, and there is a small lake on the property. A restroom exclusive to the building is located on the grounds.

HUMANITARIAN MISSION

While at Anchor Orphanage:

We will be teaching, mentoring and playing with the 186 children who live and/or attend school at Anchor. We will also be assisting with the building or clinical teams as needed.

This is a remote, small community. Activities will include:

- Teaching K-6th grade orphans and underprivileged children in classroom settings. Classes may include US history, math, music, art, recreation, hygiene
- Assisting with the current building efforts and construction project.
- Assisting with agriculture work (ie crop planting, crop cultivation).
- Holding, helping, playing and genuinely caring for the children in the orphanage.

One or two days will be spent in Lusaka visiting other orphanages, including an orphanage established by Mother Theresa.

TRIP COST

Option 1: The cost of this 10 day trip is \$850. This is exclusive of airfare, and visa to enter Zambia.

Option 2: The cost of this 15 day trip is \$1,950. This is exclusive of airfare, and visa to enter Zambia, Zimbabwe or Botswana.

There is a \$350 non-refundable deposit to secure a space on this trip. The balance is due 60 days prior to departure.

Inclusions:

1. Room & Board in Lusaka, Zambia.
2. Room & Board at Anchor Orphanage
3. Transportation: To/from airport, to/from Anchor Orphanage, travel to/from Livingston. (in other words, all travel except for flight to/from the US)
4. Meals: Breakfast and Dinner while in Lusaka. (During travels within Lusaka you will have the opportunity to purchase lunch). Breakfast, Lunch and Dinner while at Anchor Orphanage.
5. Option 2 Only: Safari in Botswana, Victoria Falls, Room & Board at a resort at Victoria Falls (shared rooms).

Excluded: Airfare to/from the US to Lusaka & Visa to enter country: Estimated at \$1900 (AOH receives travel discounts). Activities outside of those planned.

Prior to the trip, participants are expected to pay for any travel supplies, health vaccinations/medications, passport/passport renewal, travel insurance, and the transportation costs to and from Lusaka, Zambia.

TRAVEL SUPPLIES

All registered team participants will be sent a suggested supply list. This list includes recommendations on clothing, personal items, and items for the children's education and healthcare if you desire.

RAISING MONEY

Each participant IS encouraged to raise funds for the erecting of the boarding school to be built in 2010. Donor's can navigate to the Anchor of Hope website www.anchorofhopecharities.org to see the design of this building. The total estimated cost for the boarding school is \$48,000.

We will provide a sponsor letter which you can give to friends, family, businesses and co-workers. AOH is a 501 (c) 3, non-profit corporation. All donations are tax deductible to the extent provided by law. 100% of the money raised in your behalf goes towards building efforts.

Some volunteers have held garage sales, car washes, service auctions, and fun runs to cover trip costs. Others have received funds from local Rotary, Lions, Kiwanis and other service clubs.

VACCINATIONS:

Typhoid is a food borne or water borne illness caused by particular Salmonella bacteria. It causes a high fever and bloody diarrhea. Very sick but not fatal if treated. Requires antibiotics to treat. Vaccine is available and is good protection but one should always be very careful about food and water source in a place like Zambia. It is one injection about 2 weeks before travelling - booster every 2 years.

Hepatitis A is also a food borne or water borne illness caused by a virus. It causes fever, abdominal pain, jaundice (yellowing) and then gets better after about a month. It can reoccur over and over in some people for up to a year afterwards. Vaccine is excellent and only need one shot for lifelong protection.

Hepatitis B is contracted via body fluids - blood, saliva, semen, etc. It is a life-long infection that causes chronic liver problems (cirrhosis - which is shrinking and hardening of the liver) and may lead to liver cancer. It is not as easily contracted as Hepatitis A but is much worse thing to have! The vaccine is effective. It is a short course of 3 shots that will then provide immunity to infection for up to 25 years.

If you are okay with getting vaccinations and your health insurance will pay for them, then these three are a good idea. But overall your chances of contracting any of these 3 illnesses are pretty low in Zambia if you are careful about what you eat, what you drink (water) and contact with persons with wounds, etc.

Malaria.

Mefloquine (aka Lariam) is also associated with side effects and in about 1 out 20 people it can cause severe nervous system reactions.

The dose for prevention (prophylaxis) is one tablet (250 mg) once a week.

The dose for treatment when malaria symptoms start is - Five tablets (1250 mg) Mefloquine hydrochloride to be given as a single oral dose. The drug should not be taken on an empty stomach and should be administered with at least 8 oz (240 mL) of water.

Overall you are going to Zambia at the end of the rainy season. It should be pretty dry there and I think the mosquito population will be low.

ABOUT ZAMBIA

- Zambia is one of the world's poorest countries. 2/3 of Zambians live in poverty.
- Formerly Northern Rhodesia, the name Zambia comes from the Zambezi River.
- Received independence in 1964
- Internet code is .zm - Calling code is +260
- Language: English is official language, + 70 ethnic dialects, including Bemba, Lozi, Koande, Lunda, Luvale, Tonga and **Nyanja** which is the dialect of the area we will visit.
- Currency: Kwacha
- Time zone GMT/UTC+2
- People are BANTU speaking immigrants.
- Most are subsistence farmers
- 17% infected by HIV. HIV/AIDS is the nation's greatest challenge. 17% prevalence among adult population.
- 2/3 of the population is Christian, though many combine that with traditional animist beliefs.
- The staple dish in Zambia is a stiff porridge called **NSHIMA** commonly made from Maize. It is typically served in a communal dish and eaten with the right hand, rolling the nshima into a ball and dipping it into a sauce of meat or vegetables.
- In areas along rivers and lake shores, fish are also eaten. Popular fresh water types include bream, lake salmon, and Nile perch.
- Life expectancy at birth is 37
- Education is not compulsory – Literacy: women 60% - Men 81%
- Country is slightly larger than Texas.
- Climate: Tropical, modified by altitude. Rainy season is October – April.
- Poaching seriously threatens rhinoceros and elephant population.
- Natural resources: copper, cobalt, zing, lead, coal, emeralds, gold, silver, uranium, hydroelectric power, fertile land.