

COVID-19 Remote Prevention Outreach 2020/21

Health & Hope Foundation COVID-19 Prevention Outreach Goals: Provide community leaders with knowledge and tools for disease prevention and current scientific information.

Your support makes this pivot to Remote Prevention Outreach possible.



In 2020 and 2021 Health & Hope Foundation’s Healthcare Outreaches required quick and creative pivots. International travel bans and quarantines prohibited our 2020 and 2021 volunteer travel. Unable to provide on-site healthcare delivery, we “worked from home” to mentor and help protect impoverished communities already challenged by malaria, HIV/AIDS, poverty, and lack of basic healthcare from the pandemic. Every opportunity has been taken to share the developed world’s logistics and findings for use in communities of the developing world which lack COVID testing and treatment. In August 2021 small quantities of COVID-19 vaccine started to become available in Tanzania. Our current Prevention Outreach will continue at least through 2022.

An education and information network was formed in Tanzania through email and WhatsApp. Strong relationships with local healthcare providers, community leaders, and elders in Mwanza, Bunda, Nainokanoka, and Karatu have never been more important. Here communities and homes lack plumbing, electricity, and isolation space. Hospitals have few doctors. They lack masks, gloves, other PPE, beds, and ventilators.

Provide Preventative Healthcare

To create access to handwashing, Tumaini Tutor School transformed into a construction zone/chemistry lab. Our teachers provided community handwash education and access to community screening with no-touch thermometers. Over 185 portable handwash stations were constructed and placed in market centers and homeless areas. Tumaini Tutor teachers and students made and bottled over 175 Liters of hand sanitizer for community use. Tumaini Tutor School is prepared for use as an isolation/quarantine center. Thankfully, to date, this has not been needed. Our Women’s Business Groups led the community in sewing over 2000 masks and making hand soap for thousands.



Masai learn “social distance.”



Students make hand sanitizer.



Widows make soaps.



Women sew masks.



Students make handwash stations.



Teachers teach handwashing.

"I use this time to sew masks for people to protect themselves against the coronavirus. We give out soap for handwashing. I offer advice to the people so that they are careful with this virus. I do not go out often, but this has given me the opportunity to serve others. I am happy to be part of the people who brings help to others."

Rachael Jonathan, mother.

Alleviate Pandemic-Related Food Poverty



Tanzanian Food Distributions to 120 Families of 6 in Nainokanoka Village (Ngorongoro Crater) and Mwanza, Tanzania.

Chronic Tanzanian food poverty within a precarious economy became critical during the pandemic. A perfect storm was caused by border and port closures, stop of the tourist trade, economic shut down of small shops, and high prices. This led to a critical food shortages and food poverty throughout Africa. In addition, 2020 brought record-breaking desert locust devastations of East African maize crops and extra heavy rains at the end of the typical rainy season destroyed many early-season Tanzanian crops.

Many smiles and grateful thanks have been shared for the boost given to help negotiate these extreme food shortages. Health & Hope In-country Leaders in Mwanza and the Ngorongoro Crater Area worked to locally access the quality and quantity of needed nutrition. They arranged food transport and hand-delivery to families in the highest need. Bulk food distributions (maize, beans, rice, and cooking oil) were provided to 120 families of 6 people providing each person one month of food. The food cost was \$4 per person per month. Regardless of gains made by Health & Hope Foundation

Programs which focus on Women's Business in nutritious foods, the ability to predictably access food to feed one's family remains fragile. Fifty home sack gardens were planted as a further buffer against food poverty. Maintaining nutrition for underfed children throughout the food crisis has been a critical focus.



Masai Tribe of the Ngorongoro Area face the added challenge that it is illegal for them to perform any agriculture on their land. Masai women with no means to access food to feed their families were provided sheep and goats. The animals provide immediate milk and meat as well as the start of sustainable business opportunities in sales and barter.

Keep Education on Track

During COVID school closures, remote learning was not possible. Tumaini Tutor students were able to keep up their education with teachers delivering lessons and study packets to students at home. In addition, Tumaini teachers offer extended family health checks and delivery of meals to chronically underfed children. The Tumaini Book Lending Library is kept open for guardians to schedule exchange of students' books.

Solar lamps with multiple bulbs were provided to all student families. This has greatly enhanced study time and made being inside at home a lot more fun too.



Tumaini Tutor At-Home Lessons.

"I am happy we move forward when things get tough, for we are tough too. At first, home teaching was not easy. Students receive me in their home with joy, shouting 'Karibu Mwalimu' meaning 'Welcome Teacher' tells me I am important to them. I forget about the distance I cover to reach them and the unique environments in various homes. I schedule each family on my calendar. I plan daily and weekly topics that I need to cover. I emphasize the most important topics and classes that prepare students for national exams. I am thankful for the teaching supplies. They are so helpful. I hope corona will go away and we will go back to school as before."

Mr. Gorge, Tumaini Tutor Science Teacher

Tumaini Tutor students returned to in-person learning July 2021. They remain active in making and bottling hand sanitizer for the community and are enjoying a return to school in our new open-air classroom.



We remain optimistic and enthusiastic for the 2022 Health & Hope Care Team to return to Tanzania in-person.

Our goals are to reinforce Covid-19 prevention and support vaccination services. We will resume delivery of much needed basic medical, dental and vision care, as well as insure the continued educational success of children attending Tumaini Tutor School and the achievements of Health & Hope Women in Business.

Thank you for what you do.

We are making a difference one grateful smile and life at time.

In Appreciation,

Loree Bolin

Dr. Loree Bolin

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