



## Tender Care

Cup Feeding a Preterm Baby

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*October 2019 update from:*

Dr. Stephen & Jodi Swanson

ELCA Global Personnel



Dear **St. Andrew Lutheran Church**

We are thankful for beginnings. Welcoming a new baby into the world is perhaps one of the most beautiful of beginnings, and yet some babies struggle to live from the first moments of their birth.

Whether due to prematurity, infection, or a difficult labor, newborn critically ill newborns may require a level of intensive care that is rarely found in sub-Saharan Africa. It remains a privilege to care for such small ones, and to offer the parents hope.

This year we have had a 20% increase in our neonatal intensive care unit (NICU) admissions. More babies are requiring subsidized or free care due to poverty. As we have outgrown our existing space, there is a new beginning at ALMC as a 2nd NICU and the Kangaroo Mother Care (KMC) unit have opened! We continue to receive NICU admissions from many area hospitals, and this year have completed 10 neonatology training workshops in large Tanzanian hospitals.

The community nutritional outreach is also beginning something new and our eldest daughter has launched out into her Gap year! Keep reading for all the fun details!

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## **Kangaroo Care at ALMC!**





Kangaroo Mother Care. A new unit that has opened at Arusha Lutheran Medical Centre, funded by individual, church, and local donations. Mothers keep their newborn baby skin-to-skin around the clock ("kangaroo mother care") and act as their baby's nurse, with their babies experiencing better thermoregulation, growth, and less respiratory distress.

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**Doubling our NICU Size!**



The new intermediate level neonatal intensive care unit (NICU).



See how our new KMC unit was developed and built.



Our original NICU, completely remodeled and further expanded.

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Mother and child at Selian Lutheran Hospital

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## **A New Approach**



Flexibility. It is the name of the game. We keep trying different initiatives, progressing in a way that the officers of the community direct. This was our third gathering of community health workers. Only half of them turned up, and all showed up late. Failure? Some might call it that. But Elly and I had an opportunity to say to them, "how should we proceed? what is the best way to bring about change in the community?" And we listened. So we are taking a new approach. Grassroots. I love grassroots. So, in the past week or two, Elly has gone out to remote areas with some nutritional students where a local leader, in charge of 10 households, invited us! 130+ men and women showed up, listened AND RECEIVED the information, prayed a blessing over them and asked them to return again! Opportunities pop up and disappear and a regular basis and we keep on working with the twists and turns of work in the community. I love the way God is working and leading. Keep praying that God's love and care for all is established in the health care we give.

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# Kid's Corner



Beginnings and Endings. This special edition of the Kid's Corner is in celebration of Hannah's

graduation from Rift Valley Academy in Kenya! For us, it is the end of an era as our first child launches from home! We are so proud of her growth and her achievements. Her academic performance was outstanding and she won the academic award for French. We were just as proud of her growth in character- kindness, thoughtfulness, loyalty to friends, and such a cheerful disposition. Her creativity pops out all the time- she wrote a poem for her class which she shared on Senior night. Hannah has had such a great 2 years at RVA and we are so grateful for this experience. Grandma Val and Aunt Pam joined the celebration and it was wonderful to have them with us!

Hannah has taken off on her new adventure to South Africa for her Gap Year. She spent 6 weeks volunteering at 3 different conservation reserves with Wildlife Act. She was exposed to all the aspects of research and conservation on the ground. Already in here first day she saw 15 rhinos and spent 2 weeks with African wild dogs! After this time, she will head to the USA with Jodi to look at colleges, visit family, and partially transition to the States while working on applications for college and university. She is looking from west coast to east, south, and midwest. I think that pretty well covers it. Her interests in are strong in wildlife conservation and marine science. We hope that this time in the field will help her discern her future direction.

Caedmon and Indya have begun their school year (Grade 10 and 8) and are busy with all sorts of engaging activities. Unfortunately, Indya's ear was assessed this summer and found to require another surgery on her tympanic membrane. Steve is currently in Minnesota where Indya had ENT surgery on Oct. 14th, which was successful. She will be returning back to Arusha in early November with Jodi, while Steve returns earlier back to hospital work and teaching.

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## **Many Thanks!!**

We are so grateful for our families and friends, churches and individuals who support our work through finances and prayers. We wouldn't be here without you. There are many that ask for prayer concerns- would you add our health to your daily prayers? It has been a struggle for all of us at different times yet recently seems we have fallen ill more often. Steve was ill with pneumonia for 6 weeks. Pray also for rest and balance with work hours. We need wisdom to know which situations need our time and attention the most as the needs can be simply overwhelming. Thank you for

walking with us!

Jodi and Steve Swanson



**Evangelical Lutheran  
Church in America**

God's work. Our hands.

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We are supported through the gifts of churches with the ELCA. Additional gifts can be received through the ELCA:

<https://community.elca.org/Tanzania>

Information regarding tax deductible contributions for pediatric work can be found at:

[www.tanzanianchildren.org](http://www.tanzanianchildren.org)

All funds are received through Global Health Ministries (GHM), and directed in entirety towards clinical pediatric training of doctors and nurses in Tanzania, care of babies in the neonatal intensive care unit (NICU), medications, bed fees and food for malnourished children.

Donations outside USA can also be received through: [www.tanzanianchildren.com](http://www.tanzanianchildren.com)

**Your support makes this work possible!**

GMC will send you a tax deductible receipt.

**Our mailing address is:**

Steve and Jodi Swanson  
c/o Michael Swanson  
16608 Early Dawn Trail  
Lakeville, MN 55044

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