



Letter from Founders

Dear Tiba Community,

Thank you for being such an important part of Tiba Foundation; your support makes all the difference for the people we serve.

We at Tiba and Matibabu know that empowering women lifts the entire community. This year, therefore, we are focusing on supporting women's services by "companioning"—that is, being present to alleviate suffering and amplify capabilities. Through companioning, and with your help, we can continue to improve the lives of Kenyan women and their families.

I'm incredibly proud of our community in Kenya. They are kind, brave, creative, resilient and self-reliant. I hope you share my feeling that being even a small part of their lives is a great privilege. Please continue on this journey with us, especially during these difficult times, as we bring hope and support to the extraordinary people of rural Kenya.

In gratitude,
Gail Wagner, MD
Founder & President, Tiba Foundation



2020 Jefferson Award Winner

Dear Tiba Community,

Thank you for your generosity with your time, expertise, and money. It is donors and volunteers like you that help to keep our mission alive, even through difficult times. You are helping us improve women's health outcomes by reducing the disparity in health services available to women and girls, our community's most vulnerable and poor. Our theory of change is that when we lift up women and children, we lift up the entire community.

You are the backbone of Matibabu; Tiba's name comes from the center of our name, meaning healing. We are lucky to have friends like you who care and give of yourselves to our people. You have contributed to saving many lives and improving our community through your compassionate support. We hope that you will continue to partner with us in our commitment to reduce the high maternal and infant mortality in rural western Kenya.

With all my gratitude,

Dan Ogola, MBA Founder & CEO, Matibabu Foundation





US volunteer Wayne Metho inspired friends in Nairobi to donate 750 bars of soap to around 300 families with disabled members to help protect against Covid-19.

Mobilizing for Covid-19 Prevention

As of February 2021, Kenya has recorded 103,615 Covid-19 infections and 1,807 deaths. The government has implemented travel and business restrictions to reduce the spread of the disease, but as a result, rural areas have experienced severe economic burdens, including scarcity of resources. Matibabu has distributed food and supplies to those most vulnerable to malnutrition and starvation -- the disabled, the elderly, and single-parent households.

The Matibabu team has treated several Covid-19 cases, with one fatality — a patient who had traveled from Mombasa. Thanks to the professionalism of our team, which have isolated and undergone testing, there have been no further fatalities. However, because of the community's fear of Covid, the hospital saw some 14% fewer patients in 2020 than in the prior year, resulting in a substantial drop in revenue.





Wayne Metho, Kenyan citizen, SFSU graduate, Tiba intern

MFK was ranked 4th in the nation, out of 169, for GeneXpert Machine use. This machine, which can detect Covid-19, may be called into service by the government.





Transforming the Healthcare Landscape

QUALITY CARE Matibabu (MFK) stands out as a rural community hospital dedicated to quality care, working constantly to ensure patient safety and compassionate care -- from the moment a patient arrives, throughout the entire visit and during postvisit follow-ups. Tiba volunteers, many of them current or retired Kaiser specialists, offer their expertise by reviewing cases and suggesting system improvements.

PHARMACY In addition to providing vital medicine to our own hospital patients, Matibabu's wholesale pharmacy supplies more than a dozen clinics and pharmacies in outlying areas. Without Matibabu's support, many of these clinics would have only a limited supply of (often low-quality and out-of-date) drugs. Not only has the pharmacy helped expand access to quality medicine, it generates income that supports the entire MFK organization and will be a key component in our new telemedicine pilot program.

LABORATORY Matibabu Foundation's state-of-the-art laboratory was ranked 4th in the nation by Kenya's Ministry of Health for its utilization of its GeneXpert machine. (The GeneXpert can be used to test for Covid in the event of a major outbreak.) The laboratory supports Matibabu's inpatient and outpatient services and is a county center for testing for HIV, TB, and other communicable diseases. In 2020, the laboratory conducted more than 24,000 tests.

SURGERY This past year, Matibabu provided 149 no-cost or low-cost surgeries -- many performed by Tiba's visiting volunteer surgeons in a temporary OR, where Matibabu's two resident physicians also perform emergency maternal procedures. Our long-term goal is to have our own Operating Theatre, staffed by Matibabu surgeons, which can also accommodate visiting surgeons. The architectural firm HDR has generously designed such an OR/ICU, but the start of construction has been delayed by the Covid pandemic.



Prioritizing Care for the Most Vulnerable

The Kenya Department of Health Services reports that 90% of families with a disabled member fall within the category of "dire poverty." When Matibabu alerted Tiba that the Covid pandemic placed many of these families at risk of starvation and illness, Tiba raised funds to supply them with food and soap. In addition, Matibabu provides on-going physical

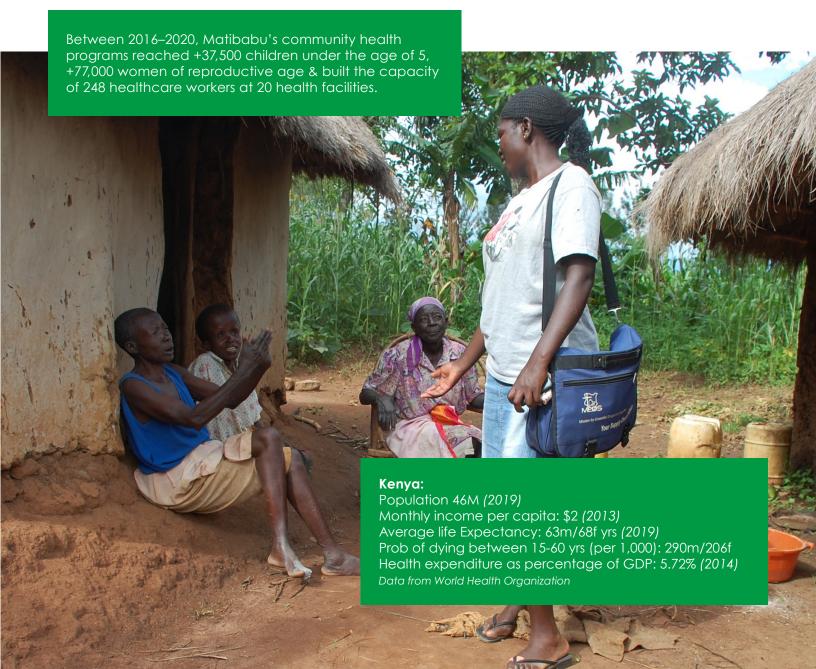
rehabilitation and mobility equipment to more than 300 families with a disabled member. This mobility program allows disabled individuals to participate socially and commercially in their community. Thanks to the generosity of Tiba's donors, ten wheelchairs were distributed in 2020, at a cost of \$125 each.

Siaya County—where Matibabu provides services: Poverty index: 45.7%, making Siaya one of the poorest areas of Kenya Life expectancy: 57m/60f Girls' Education: 8 years Data from Kenya Department of Health Services 2014



CHILD NUTRITION Child malnutrition is a critical issue in Siaya County. Of 171,228 children under the age of 5,7.8% are underweight, 24.7% have stunted growth and only 72% are fully immunized. To address this issue, Matibabu trains "mentor mothers" to coach new mothers on breastfeeding and to educate them on growing healthy foods in "kitchen gardens". This coaching starts during pregnancy and continues monthly through the second year of the child's life. In addition to improving nutrition outcomes, this unique peer education model has created strong relationships among the participants, providing older women with leadership opportunities, and imbuing new mothers with confidence.







Adolescent Health

Most girls in Siaya County earn only an 8th grade education, a major reason being lack of menstrual supplies. Matibabu provides such supplies, and health insurance, to some 300 girls at Lifunga Girls High School. \$1,000 a year for 3 years supports a Lifunga girl to earn a nursing degree.

\$25 a month provides reusable supplies and health insurance for 4 girls for a year.

Reproductive Health

Family planning - In Siaya county, 58% of women of reproductive age do not currently wish to have a child, with 23% unable to afford or access family planning services. MFK provides free pregnancy and HIV testing, as well as family planning, counseling and medications.

\$10 a month supports one woman's family planning services for a year.





Siaya County has high maternal mortality and infant mortality rates -- 691 maternal deaths for every 100,000 births, and an under-five mortality rate of 102 per 1,000 births -- both significantly higher than the national averages.

Matibabu is changing these grim statistics. In 2020, Matibabu delivered 262 healthy babies, a record number. In 2021 mothers will have free delivery, pre-post natal services, family health insurance, and nutrition counseling for a year.

\$50 a month provides a mother and baby a safe birth, health insurance, and nutrition mentoring for a year.

Healthy Aging

Breast and cervical cancer cases are on the rise; the earlier they can be detected, the more lives will be saved. In 2020, Matibabu provided more than 700 free cancer screenings and cryotherapy and surgical interventions.

\$100 a month provides free monthly cancer screening in village markets.



A Kenyan Nurse Works with Over 200,000 Patients During Their Career

Despite the Covid pandemic, the Mary Ann van Dam Nursing College has continued to give 112 local students a comprehensive nursing education. The College has recently expanded to offer a specialty perioperative nursing program in preparation for the hoped-for operating theatre at Matibabu Hospital. In 2020, the College, with Tiba volunteers, hosted online workshops engaging the students with American and Kenyan experts.

Matibabu is thankful to each Tiba donor whose \$3,000 gift has funded a full scholarship to one local nursing student. Each such gift benefits not just the individual student, but the 200,000+ patients that they can each be expected to care for over their career. Most of these nursing school graduates will serve in their own rural communities where the need for healthcare professionals is great.



Harvard Community Partners support Tiba's vision process

Working for 5 months with a team from Harvard Community Partners, Tiba has developed a vision for the next decade. The primary goal is for local Kenyans to direct and sustain Matibabu, with Tiba's role being to underwrite a portion of the operating expenses and provide volunteers and expertise. From time to time, special projects will help sustain Matibabu, and lead to fulfillment of Tiba's and Matibabu's shared vision of building a model rural Teaching and Referral Hospital.

OR/ICU Using local resources and local skilled workers, Tiba is hoping to build the first operating theatre and ICU in Ugenya, for the benefit of Ugenya's 250,000 residents. By reducing the delays and costs to patients of having to travel to remote ORs (at present the closest one is more than an hour away), this facility will save lives, and improve surgical outcomes. At the same time it will afford training opportunities

for Matibabu School of Nursing students. And the OR/ICU is projected to be a source of income to help support the entire hospital.

TELEHEALTH PILOT Covid-19 has demonstrated the vital need for telehealth services. Matibabu is embarking on a pilot telehealth project which will involve "popup clinics" in remote areas, co-locating with small pharmacies, and online consultations with American and Kenyan experts and specialists.

POTENTIAL MORTUARY Under Kenyan law, level 4-5 hospitals are required to have a mortuary. Matibabu plans to construct a mortuary that will meet this requirement, while upholding local customs and traditions, which place great importance on honoring the dead. Any profit from the mortuary will be used to sustain the hospital.



Volunteers are the heart of Tiba

Dr. Michael Mellenthin, Tiba volunteer and Board Member says, "I used to go on other volunteer medical trips, and what I love about volunteering with Tiba is how we build up the infrastructure and support local Kenyans to become more knowledgeable and skilled to take care of themselves. This model

is different from any other medical trip I've been on and why I particularly love Matibabu."

Tiba typically sends about 40 volunteers annually to serve at Matibabu Hospital. In 2020, because of the Covid pandemic, we could send only one group of volunteers, who conducted a surgical camp in January. We have, however, expanded opportunities for remote volunteering, which has allowed the Tiba and Matibabu teams to develop skills that will continue to serve the community.





2020 - 2021 Volunteers

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Cony Nyirazikunze
Dan Lowenstein, MD
Debra Cohen, MD
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Emmanuel Onywera
Gwynn Spielman
Jade Foronda
James Morris, MD
Jonathan Lyandemya
Kyler Juarez
Latisha Smith-Chase, MD
Lena Musoka
Lilian Turcios

Lindsey Wood

Marilyn Akinola

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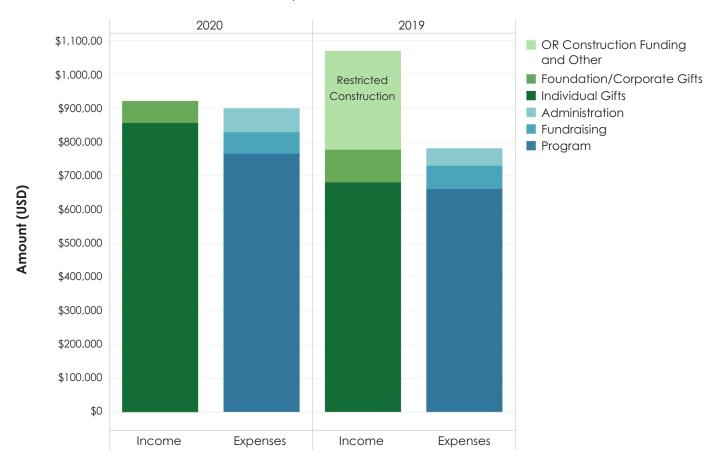
Shari Kirkland

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Thanks to generous donors, Matibabu continues to provide quality care to the community. In 2021, please support Matibabu Hospital to meet the increasing needs of its patients.

Tiba Annual Income and Expenses



In 2019, Tiba provided \$377,321, 32% of Matibabu's operating budget. In 2020, Matibabu needed additional outside funding to make up for income lost due to patients' reluctance to visit the hospital during the pandemic. Thanks to Tiba's generous donors, Tiba was able to help cover Matibabu's 2020 income shortfall by providing \$429,327 in funding. Thankfully, in recent months, Matibabu's patient volume has started to return to normal.

Thank you for supporting the vital work of Kenyan-led, quality and compassionate community healthcare. Tiba's Board of Directors covers all administrative and fundraising costs, which means that 100% of every donation received goes directly to the programs in Kenya. We know that investing in rural Kenyan women is an investment in a healthy future. We cannot do this without your partnership.



WE'RE IN THIS TOGETHER.

At Kaiser Permanente, we don't see health as an industry. We see it as a cause. And one that we very much believe in. During this extraordinary time we are especially thankful to the heroism of our frontline workers. And, we would like to express our deepest gratitude to all of our outstanding care teams and individuals who deliver on the Kaiser Permanente mission each day to improve the health of our members and the communities we serve. We are here to help you thrive. **Learn more at kp.org.**





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