

The Adventure Continues! 06.02.16
Hello again!



We are only half way through the trip and already fully in love with the people, culture, and almost everything about this country. Don't get me wrong there has been lots of heartbreak--especially on home based care. Home based care is a program through African Impact in which community members contact their local caregiver (pictured above) for medical help and care at their home either because they need some follow up, do not have enough money for clinical care, or are unable to make it to the clinic. The caregivers lead us around the community and to people's homes where we dress wounds, give out multivitamins, and pain relief medications. The bulk of the heart break lies within the fact that there are people with arthritis, horrible burn wounds, and even leprosy (it blows my mind how prevalent leprosy still is) and we really are only able to give them three days worth of Ibuprofen and a multivitamin without knowing the next time we will be back and able to check on them. But I have had so so many triumphs as well--grateful eyes and smiles as we leave homes (whether or not we were able to provide an relief), kids running along side our bus singing "Muzungu Bus" (meaning White Person bus!), seeing more elephants than I have in my whole life combined, and meeting some of the most free-spirited and wild-hearted people that I would never have had the chance to meet other wise.

Tionana for now!
(Bye for now!)
-Bri

Hey Honors Blog Readers!

It's Rachel Mason again, and I'm currently in the middle of my second of three weeks in Livingstone, Zambia!

Things are pretty great here, we are working hard on the projects and we went on Safari! (Yes, I got to see elephants and lions.)

In case you've forgotten, I'm working on the community health and girl impact programs.

So far in community health I've gotten to do home-based care and clinic work. In home-based care a group of 3-4 volunteers walk around with community based caregivers and administer medication and a little wound care, as well as clinic referrals. In the clinic I got to count pills in the pharmacy and take vitals; other CSU students on this trip have gotten to weigh babies!

Yesterday I got to do a little teaching with girl impact (it's a smaller program), another volunteer and I taught on the life cycle and worked on building community between the girls.

That all happens in the morning! In the afternoons we do other programs like after school club and, my personal favorite, adult literacy club.

I hope all is well with each of you!

Have a lovely day!
~Rachel