



Alliance Shares

Newsletter for Members of ASH

Changing Your Perspective
to Become a Healthier You!



PRESIDENT OF ALLIANCE FOR SHARED HEALTH

Mike's Minute



FINDING PURPOSE

Within mature organizations, it is common for them to have a purpose or mission statement. This statement gives direction and guides actions to help the organization accomplish its goals. Alliance for Shared Health has such a statement. ASH exists to provide affordable access to healthcare, promote a proactive approach to health, and unite members to participate in a life changing mission through its work in East Africa.

About 5 years ago, I was encouraged by a friend to apply the same practice of creating a mission statement for my family. He went on to say that we spend so much time defining the purpose of our work family, why wouldn't we want to do that with our family at home as well. I asked our family the question, "what does our family want to be known for?" Each family member got to choose one trait that we want exemplified in our family and we crafted a mission statement around them. We signed it, framed it, and review it at least once a year to see if we are succeeding in living out the purpose of our family.

Recently, I took this practice one step further. Again, I was encouraged by someone I look up to take this practice and apply it to myself personally. The suggestion started with a self-reflection at the end of each day to evaluate when I was most living out my purpose. Of course, to be able to answer that question, one needs to know and understand what their purpose is.

The process of coming up with my purpose statement was difficult. It involved quite a bit of self-reflection, note taking, and discernment. As challenging as it was, I am extremely thankful for making that time. Not only has it provided tremendous clarity of how I should be spending my days, but it has helped me realize an even greater truth. Our purpose in life isn't something we need to chase and find, rather our purpose is something that will find us.

*May God bless your journey,
Mike Hentges*

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BIBLE ARMY INTERNATIONAL CHURCH

PEDIATRIC MEDICAL CLINIC CASE CHILD UPDATE: SEPT 2021



Bankicho Ayele, a 3-year-old girl

When we first met Bankicho, we were shocked at how frail she was. She could not walk on her own and could barely stand without holding onto a chair or table.

Bankicho was non-verbal and could only speak in grunts and moans to convey her discomfort. We soon learned she was the youngest child of six. They all live in a small, traditional one-room hut, used for everything from cooking to sleeping.

Her father died two years earlier (reason unknown), and her mother works where she can as a day laborer. The only sustenance she can afford for the entire family is a local plant called 'Enset' –also referred to as 'False Banana.' This plant is high in carbohydrates but has virtually no protein and has very little nutritional value.

Bankicho was starving to death. When she was admitted, she weighed 5 kg (roughly 11lbs.) which is much lower than the average weight (32 lbs.) for her age. Her MUAC (Middle-Upper Arm Circumference) measured 9.4 cm. A child her age should be around 12.5 cm. She had been vomiting and had watery diarrhea for over a month and had a history of weight loss,



low-grade fever, and loss of appetite. These are all indicators of severe acute malnutrition.

She was admitted into the Aleta Pediatric Hospital and immediately placed on a therapeutic feeding program of F-75 milk, RUTF, and intravenous antibiotics (ampicillin, gentamycin, and artesunate).

While the road to full recovery will be a long one, Bankicho is doing much better. We are seeing improvements daily and are excited about the future she may now have, thanks to you! God bless you.



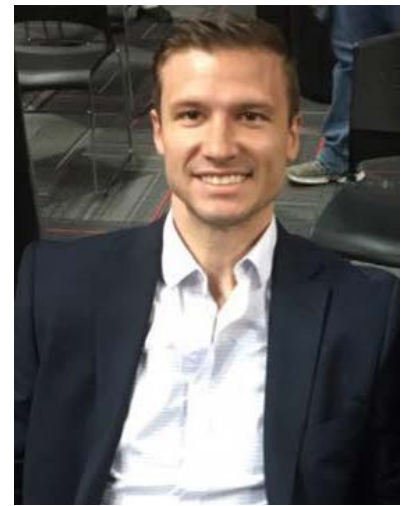
HEALTHY FOUNDATIONS

As part of your ASH membership, you have access to the Healthy Foundations video coaching. ASH members receive a link to a new training video. Valuable information is shared that will help members get and stay healthy.



Derik Scott
Fitness Coach

Inaugural Titan games runner-up
Professional MMA fighter
Guinness Book of World Records holder



Zeke Scott
Health Coach

Former Professional MMA Fighter
Former minor league football quarterback
Guinness Book of World Records holder

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ALLIANCE FOR SHARED HEALTH 2021

MEDICAL NEEDS SHARING SUMMARY

