

Eight months pregnant with sky-high blood pressure, Sandra came to the Nueva Vida



Max with EKG patient

**Clinic.** Fearing pre-eclampsia convulsions, our ob/gyn, Gulnara, sent her to the women’s hospital in Managua where they did an emergency cesarean. Sandra and her baby girl are now recovering in the hospital. **Our Pregnant and New Mothers Program saves lives. How?** Sandra learned to watch out for headaches in the New Mothers Program. If she hadn’t come to the Nueva Vida Clinic, Sandra and her baby would have died.

**Theirs aren’t the only lives being saved.** Eugenia’s daughter brought her in to have her heart condition checked by Claudio, a volunteer cardiologist here in October with a Rotary delegation from Solvang, CA. Hers was the first of 165 EKGs another volunteer, Max, did during their delegation’s week with us, and it showed she was having a heart attack. Volunteer technician José did the first of that week’s 200 echocardiograms on Eugenia, which confirmed she was in immediate trouble. Our new volunteer coordinator, Ian, drove her to the hospital, and Eugenia is now recovering well at home.



New Mother home visit



Pediatrician Bill flushing patient's ear

Not just emergencies, but our ongoing care is saving lives,

**too.** Claudio & José saw 10 patients that week that had life expectancies of only two months when they walked in the door, but now they should live for a long time after proper diagnosis and with ongoing medication. Claudio and José taught our radiologist, Jorge, to

use the echocardiogram, adding to our growing repertoire of specialized tests we can provide at the Nueva Vida Clinic.



José teaching Jorge to use donated echocardiogram



Kim and asthmatic patient home visit

As you can tell, with volunteers we’re able to see more patients and give more specialized care.

With the Solvang (CA) group, followed by a medical delegation from Alaska in early November, both at our clinic and at the El Porvenir coffee co-op, the outreach was amazing:

- 125 patients seen at El Porvenir, along with 51 ultrasounds done by Jorge with the portable machine!
- Home visits in Nueva Vida, seeing babies and children, adults, asthmatics, pregnant and new mothers.
- 78 dental patients, 200 heart patients, and 80 eye patients (Solvang).
- 147 patients seen at the Clinic with an ob/gyn, pediatrician, three family practice docs, and one women’s health nurse practitioner (Alaska).
- Lactation consultant Jen (Alaska) taught classes on breastfeeding as well as labor and birth (Ian’s eyes almost popped out while translating during a film of the birth of a baby!).



Visiting Solvang dental team



Ian holding “baby” as Jen explains placenta & cord



New Mothers receiving diaper bags

Our new Belgian volunteer, Amber, is helping to catalog materials for pregnancy and new mothers classes. New mothers receive diaper bags made by volunteers, filled with items infants need. Many times this is the only new thing these mothers receive. Additionally, 200 women now receive free family planning and attend classes.



Ob/gyn Owen welcomed back at El Porvenir

Center for Development in Central America

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1019 Troy Medlin Rd.  
Monroe, NC 28112-9449  
USA

U.S. Phone VOIP: 1-828-202-6869  
Nicaragua Office Phone: 011-505-2269-8001  
Email: [jhc@jhc-cdca.org](mailto:jhc@jhc-cdca.org) Web: [www.jhc-cdca.org](http://www.jhc-cdca.org)

Jubilee House Community, Inc.  
de km. 11, Carr. Nueva a León, 1.6 km. abajo  
Ciudad Sandino, MGA  
Nicaragua



It's not all smooth-running. The vet who came to work in El Porvenir for the week had her medications held up in customs, and was unable to work. This also happened to the volunteer optometrist, Dennis, although he was able to work using our clinic's equipment and glasses. The efforts expended to keep up with needed import paperwork is exhaustive, and when it doesn't work it is very frustrating, as you can imagine, **but** when it **does** work, the clinic receives wonderful donations of medicine and equipment!



Solvang volunteers tiling clean surgery room



Optometrist Dennis with patient

In addition to attending patients, other volunteers in these two groups worked to continue clinic building renovations... working on tiling the clean room for surgery and extending a suction line into that area.

**Our own health clinic staff does great work, and medical volunteers are impressed!** We are

proud of the ongoing care that patients receive, in the areas of **prevention, treatment, follow-up, and maintenance.** Most clinics focus only on diagnosis and treatment. In Nicaragua, for-profit clinics have some diagnostic equipment but public clinics often do not have equipment. Our patients are fortunate to have access to lab tests, dental x-rays, an auto-refractor to refine eye exams for prescription glasses, ultrasounds, EKGs, and now echocardiograms.



Las Lobas girls learning computer skills

**Many clinics only treat acute problems but we also treat long-term chronic conditions with medication and education.** Our doctors, Elizabeth (general), Victoriano (pediatrics), Luis (orthopedics), Gulnara (ob/gyn), and Jorge (radiologist), do a wonderful job of treating patients. Jessenia, our health promoter, with Martha, our nurse, work in community health education and outreach, the very programs that saved Sandra this week!

Education *is* an important part of our health work. To give you an idea, here are two examples. Respiratory therapist, Kim (Alaska) taught about preventing asthma attacks and how to reduce exposure to asthma



Clinic lab tech Massiel using newly donated microscope

triggers. Our dental clinic teaches good oral hygiene to patients and in preschools and primary schools.

Why this emphasis on education and new ways to educate? For instance, the *Las Lobas* (She-Wolves) teen girls group recently completed a class on 3-D printing where they each designed and printed a solar lamp. They also visited a public university where they learned that tuition, lodging, food, books, and toiletries are free if they pass the entrance exam. These girls have been given hope, and hope reduces teen pregnancy.



Busy intake room - Solvang volunteers and NV Clinic staff

We provide this combination of excellent services through the Nueva Vida Clinic for about \$20/patient visit. Unfortunately, **donations have not kept up with costs.** We are already stretching funds as far as we able. We do *not* want to cut services because where else will patients like Sandra and Eugenia find help? We trust and pray that the funds will come, but **your help is crucial.** [Online giving at <https://donatenow.networkforgood.org/jhc-cdca>]



New Mothers Group in class

**In this second year of *El Niño*, some rain finally came to Nicaragua,** but it was late and light again.

Despite this, we hope that the yields of **organic coffee, peanut, and sesame** harvests will bring enough income for farmers to survive. Once again less food goes to market, which means higher food prices for all Nicaraguans and less cash for necessities for farm families.

COPROEXNIC, the organic agriculture cooperative, is waiting for the Nicaraguan government to grant them another year's lease on the sesame processing plant. Sesame is a good cash crop in times of drought, but it has to be processed in order to export. The plant that COPROEXNIC and we have been running ensures the processing is done correctly for organics and brings more profits to farmers.

COPROEXNIC has already invested time, money and labor in the processing plant, which provides 50 people seasonal jobs. Waiting for approval year-by-year is extremely frustrating but unless the government decides to sell the plant to COPROEXNIC, there is no other option available.



Potential buyers with agronomist & peanut farmer



Mike and Steve Virgil, an attorney – and now friend – from Wake Forest Law Center, attended the Social Capital Markets Conference in San Francisco, trying to raise much-needed financing for sesame and peanuts. They are now following up with these contacts for capital for future crops.

The day after that conference, Mike flew to Germany to the Anuga Food Show as part of a Nicaraguan trade delegation. He made many contacts in Germany, then went on to the Netherlands to expand the market base for our small farmers. (While there, a former Belgian volunteer, Laura, drove many hours to join him for dinner and has decided to fly many more hours to join all of us for Thanksgiving dinner!)



Because the **organic cotton** crop in 2014 was a total loss due to *El Niño*, this year our cotton farmers wisely decided not to risk their meager finances on planting, anticipating no cotton harvest again. Unfortunately, no cotton means that again the 25 gin workers have not even had this seasonal work.



OANB inspecting sesame at processing plant with Mike

Representatives from Once Again Nut Butter met with farmers and talked with COPRO-EXNIC about the future. We have learned that diversifying markets as well as crops is a necessity for sustainability.

El Porvenir, the organic coffee cooperative, had a technical study done, financed by their clients, Their-Bucks Coffee, to help them improve their coffee yields and coffee quality. El Porvenir also grows cacao as a future cash crop.

In agriculture, as in health, we have stretched our funding as far as it can go, and have little ability to help the farmers shift and adapt in these years of drought.

Due to starting 2015 with no surplus because of crises carried over from previous years, such as the legal cases\*, the CDCA is struggling financially. Money that would have been better spent helping people instead went to 1) lawyers, 2) the spinning plant debt created by the broker not honoring his contract, 3) two years of El Niño, 4) and the reality of being short-staffed this year with Kathleen and Mike in the States due to her recovering from an emergency splenectomy and blood clots in her lungs...needless to say, the budget has taken hit after hit after hit.

*\*The cases that Yelba Caraval has brought over the years to take the CDCA's land have been resolved in our favor by the Nicaraguan courts! Yeah!! Finally.*



NV Clinic dental team

Despite this, we have done fundraising the best we know how... we did a successful Manic Monday Clinic campaign in the summer, Sarah and Becca have done 3 speaking tours totaling 4 months away, and we are launching a giving campaign for December:

**Life-Giving Health.** We also try to prioritize humanely... the Nicaraguan staff *always* get paid, medications are bought, and bills are paid, but we have to cut, as well. For example we, the international staff, have not been paid for more than a year. We are only able to survive because several of us receive social security payments.

**The CDCA needs help.** We don't often say this, but please donate to this work. The work is important and we do *not* want to cut projects. In 2016 we want to provide prenatal care for 100 women with check-ups for the first year of their babies' lives for a **total cost of \$35,000.** **With your Alternative Gifts and Year-End Donations, we can meet our needs by the end of December.**



memory. Jill died in May in Nicaragua.

Only five weeks after my father's death, my dear, sweet brother also died. Bob E. Murdock, Jr., left us on September the 12th. This has been a blow. My mother says she lost half her nuclear family in a month. His cancer had returned with a vengeance. He was such a gentle soul, an artist, and a loving family man. I miss him.

We learned today (November 11) that Mike's and my seminary professor, friend, and long-time board member of the Jubilee House Community, Don C. Coffey, died today. Don was a wonderful teacher, motivator, guide, and civil rights advocate. He was instrumental in prodding us to go further and further in the pursuit of justice. One of our favorite sayings is one he gave us during a long board meeting when we ran shelters in North Carolina, "When you can take money from rich people and give it to poor people, do it." Both his death and Bobby's death have left a hole in our community and in the world. To them we dedicate this newsletter.



Cassie & Coury

We have had so much sadness in our personal lives lately that is wonderful to announce that on December 21st, our Coury will marry Cassie Iutzi in Nicaragua. Cassie has been a long time volunteer with the CDCA... coming many times with the Alaskan delegations. We are all ready to celebrate!

Sarah spoke in Texas in September and enjoyed spending time with her son, daughter, grandchildren, niece and nephew. Becca spoke in the Northwest in October and was also able to see family. She, Paul, and their daughters are planning to spend the December holidays with her Idaho family...brrrr!! **Our families are fleeing the cold and coming to Nicaragua for the wedding and holidays ...who is smarter?** ☺

**For coffee & organic food suppliers:**

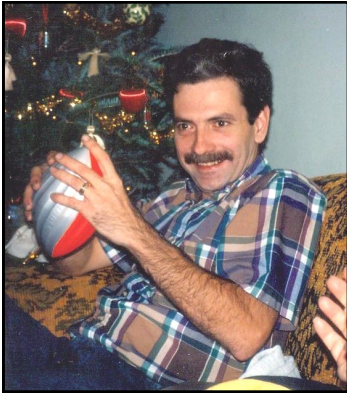
[www.their-buckscoffee.com](http://www.their-buckscoffee.com)  
[www.onceagainnutbutter.com](http://www.onceagainnutbutter.com)  
[www.buildingnewhope.com](http://www.buildingnewhope.com)  
Nuts to You at [NNUTBUTTER@aol.com](mailto:NNUTBUTTER@aol.com)

**For organic clothing & video:**

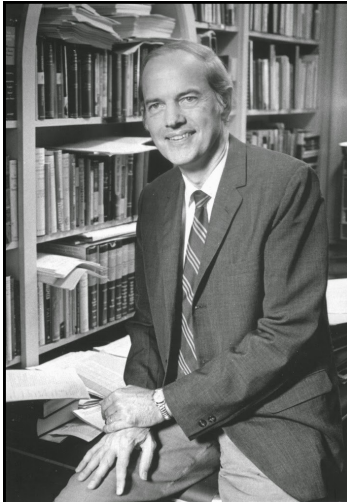
[www.maggiesorganics.com](http://www.maggiesorganics.com)

**Your Gift Saves Lives:**

- \$10 = 4 essential prenatal ultrasounds
- \$10 = 1 month of vitamins for breastfeeding mom
- \$20 = 1 well-baby check up with pediatrician
- \$20 = 1 prenatal visit with our ob/gyn
- \$20 = 1 month of prenatal vitamins
- \$25 = 10 essential lab tests for one woman
- \$135 = **Everything** for 1 yr. infant care for 1 baby
- \$200 = 9 months **total** prenatal care for 1 woman
- \$500 = 1 month basic salary pkg. for 1 clinic staff



Bob E Murdock, Jr.



Don C. Coffey



Reflection:



I have been with my mother for the last month in the Carolinas. I have noticed that many people say “have a blest day,” instead of saying “have a nice day.” I even saw one woman with a bag that said “Too blessed to be stressed.”

Off and on I have pondered what all these people mean. They are all Christian, of that I am sure...so what do they mean?

When Jesus taught about blessings it was almost completely about the blessings those who suffer will receive in the long struggle...**BUT** let me be quick to say... I’m not talking about the “pie in the sky” nonsense. Jesus’ blessings assured those who are poor, beaten, powerless, walked on, or ignored by the world, that the Divine loves them with a special passion. These blessings gave hope to those who had no hope.

From the Christmas story, the most important message to be learned is that Jesus was born into poverty. He was homeless, and and in his early life was even nationless. He was born in a barn. He was persecuted. He was an immigrant. The Christmas story illustrates for us how the Divine identifies with the poor, the immigrants, the homeless, and the powerless.

Jesus also blessed those who **help** the poor, those suffering...for if you “do this for the least of these you have done this for me.” For in identifying and aiding those who suffer, we can then **BEGIN** to identify and truly feel the love of the Divine.

Jesus went even further...he not only blessed those who helped but he also cursed those who did not help.

**IF** we are so intent on focusing only on ourselves that we do not help or **even** see those who suffer, then how can we possibly know, let alone experience, the goodness and graciousness of the All-Encompassing Love?

I know there is much, much more that I need to do to alleviate poverty, suffering, and pain in people around me. I do not give my all. I know I don’t, but with all the personal pain I and my loved ones have experienced lately, what little I do gives me perspective. Nicaraguans help me learn how to survive and live.

In other words the Nicaraguans in my life show me Jesus far more than fancy churches or even words on a page. They are his face and because of them I am truly blessed.



-Kathleen

To all of you  
of whatever faith, beliefs, or thoughts...  
we wish you days of love, generosity, peace, and hope.  
- All of us who are part of the CDCA



**Alternative Giving** - Give a gift that keeps on giving. Your gift will be acknowledged with a card to the receiver. Mark your donation below as an Alternative Gift *and* include the person’s name, address, and the giver’s name (please print clearly or type).

- For a gift of \$35.00 or more, we can send **Grits, Greens, and Gallo Pinto**, our unique and versatile cookbook to someone in your name. Email order to: [Sarah@jhc-cdca.org](mailto:Sarah@jhc-cdca.org)
- Or, for a gift of \$100.00 or more, two items from **Slightly Twisted**

**Spoons\***, handcrafted from responsibly managed Nicaraguan forests, by a small carpentry shop in a rural village (send mailing information for recipient with donation).

Email order to: [SlightlyTwistedSpoons@jhc-cdca.org](mailto:SlightlyTwistedSpoons@jhc-cdca.org) *\*Please allow 6-8 weeks for delivery*



STS Items shown here: fork, spoon, stirrer

Yes! I want to help support the work of the Center for Development in Central America.

Enclosed please find my tax-deductible contribution of \$ \_\_\_\_\_ for \_\_\_\_\_

☐ For **Life-Giving Health**      ☐ Other designation if desired \_\_\_\_\_

**Please note:** you can also give online via <https://donatenow.networkforgood.org/jhc-cdca> or scan here  
*Also... keeping us up-to-date...* please send paper address and email corrections as you make changes.

☐ I would like to receive an electronic newsletter at email address: \_\_\_\_\_  
☐ please send instead of paper      ☐ please also send a paper copy

Mail to CDCA, c/o Peggy Murdock, 352 Carly Lane, Rock Hill, SC 29732-7750. Please include your correct name / address information from the newsletter label to avoid duplications!

