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Kenya 2011: Embarking on Trip Number 4

Spanda Inc. is excited to embark on its fourth trip to Kipkaren, Kenya. The team will leave Cedar Rapids, Iowa, on January 12 and will return January 26.

The 2011 team includes: Mark and Lauren Cannon; Jim and Joan Chalupsky; Sharon Dieter, Carolyn Hamilton; Jennifer Pershing; and Dr. DeAnn Fitzgerald.



The team will be completing soil testing and analysis for a possible passion fruit farm



Hand-knitted dolls made by Volunteer Mary Uthe.

This year's team will focus on the following goals:

- Installation of an industrial chlorinator for use at the clinic well
- Soil testing and analysis for a possible passion fruit farm
- Irrigation strategies and methods for crop production
- And, 500 dolls hand-knitted by Cedar Rapids, Iowa, volunteers Mary Uthe and Lorie Meyer will be distributed to the village children.

“This is an exciting time for all of us at Spanda Inc. It will be gratifying to see the wells in operation as well as the new dental chair being used at the clinic! A huge thank you to everyone supporting Spanda with your time, money and positive thoughts as we embark on this awesome journey,” said Spanda Inc. founder, DeAnn Fitzgerald.

To follow the team, please visit our blog site: Eye Care Kenya at <http://spandainc.blogspot.com>.

“This is an exciting time for all of us at Spanda Inc.”

It takes a single idea, a single action to change the world.



“Clean Water is Medicine”: Three Wells

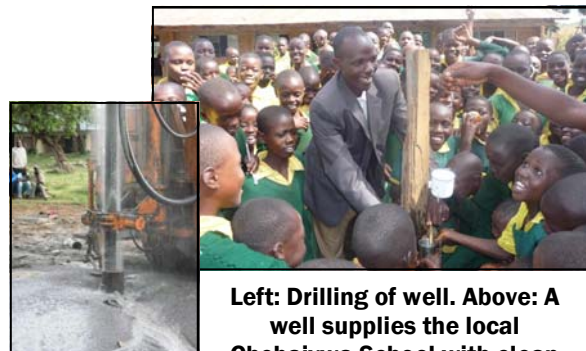
In early 2009, Spanda Inc. partnered with the local Rotary Club to raise money for a well to be built for the Kipkaren village. Villagers have to walk miles to get water, which must be boiled. The lack of clean water is one of the main reasons for world-wide poverty. Because clean water is something that can be impacted, Spanda launched efforts to bring clean water to the area.



Villager Betty was taught how to use the chlorinator.

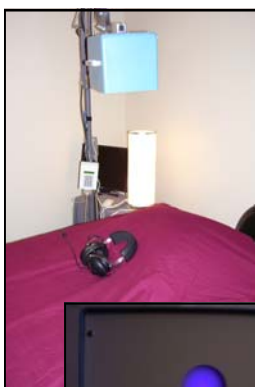
The “Clean Water is Medicine Program” was one of the main missions for the October 2009, Spanda Inc. trip. With the help of the Hays Pure Water For All Foundation, a nonprofit from Washington, IA, Spanda Inc. was able get a chlorinator for the village. Team members were then able to teach Betty and William, local villagers, how to use it. Betty was able to chlorinate enough water for herself, a support group she was in and her neighbors.

The Spanda Inc. team left Kipkaren that year with a hope of being able to bring clean water to more of the village. In spring 2010, that dream became a reality when three water wells were drilled. One well supplies the health clinic with fresh water, bringing with it the start of a full-scale dental clinic; another well helps supply the village of 32,000 with clean water; and the last well brings clean water to the new hospice house adjacent to the clinic.



Left: Drilling of well. Above: A well supplies the local Chebaiywa School with clean water.

New Vision In Motion Program: Sensory Learning



In June 2010, Spanda Inc.’s local program, Cedar Rapids Vision In Motion started training for a new, innovative therapy called the Sensory Learning Program. The Sensory Learning Program combines auditory, visual and vestibular (movement) processing, to reconnect the areas of the brain that help improve sensory awareness.

The program was started by Mary Bolles, a Colorado mother of two autistic children. Mary realized she was taking her children to one hour each of speech therapy, vision therapy and vestibular training, and she wanted to find a way to combine all three therapies to one visit. The Sensory Learning Program was born.

Sensory Learning Table and light-box

The program encompasses 30 days of therapy with 12 straight days in the clinic and 18 days at home. During the first 12 days, the patient lies on a moving bed for up to an hour, or whatever time frame works best for the patient. At the same time, the patient is listening to music and watching a color changing light (light-box). Following the 12 days in the clinic, the patient watches a light-box, given to them on their last day in the clinic, in a completely dark room at home.

Cedar Rapids Talent Fest 2010



In November 2009, founder Dr. DeAnn Fitzgerald, wanted to find a way to give back to the community and showcase local area talent at the same time. From that vision, the first annual Cedar Rapids Talent Fest was started.

In early March 2010, Spanda Inc. kicked off Cedar Rapids Talent Fest by attending a Cedar Rapids Show Choir Invitational. Sponsors Mix 96.5 and KCRG TV-9 Show You Care also helped to



Volunteer Talent Fest judges watch a performance at Westdale Mall.



Contestant auditions at Westdale Mall to participate in Finale.

get the word out about this exciting new opportunity. Throughout the spring, talents of varying degrees were invited to six audition days, starting March 27 and ending June 12, at Westdale Mall in Cedar Rapids. The majority of talents were singers, guitar players and dancers; however talents also included karate students, belly dancers and jump ropers. In total 130 individuals or groups participated in the first year of competition.

In cooperation with Freedom Festival, 30 contestants were invited back to perform again during call-backs June 22 and July 4. From there, the 16 top performers were announced as finalists to showcase their talent in front of the community August 8, at Theatre Cedar Rapids (TCR), and vie for the chance to win the grand prize of \$2,500.

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KenYa See MY Future In Your Eyes Dental Banquet



On Saturday, September 18, 2010, Spanda Inc., in association with Dental Associates of Cedar Rapids, hosted over 250 people during the KenYa See MY Future In Your Eyes Dental Banquet. The Dental Banquet was held as a fundraising event to help raise money for a full-scale dental clinic to be placed in the Kipkaren health clinic. The clinic was founded in 2006, with the help of Spanda Inc.

Due to the malnutrition in the area, many villagers have experienced severe tooth decay and do not have the luxury of a toothbrush, toothpaste or dental floss. Instead they use “bottle brush” tree limbs to brush their teeth. Now, however, the 32,000 villagers will be able to receive proper dental services as a result of an appropriate dental chair that was installed shortly after the dental banquet, and through the schooling of local villager Jeremiah to be a dentist.

As guests arrived for the banquet they were met with the musical talents of the University of Iowa Pan-American Steele Drum Band. Guests also enjoyed the musical talents of Angie Kosirog during dinner. Special thanks to the MC-KCRG’s Beth Malicki- who made the evening a memorable event. Through sponsorships, ticket sales, and a live and silent auction, Spanda Inc. was able to raise more than \$40,000.



The dental chair at the Kipkaren clinic, bought with funds from the Dental Banquet

SLP/Cedar Rapids parents notices behavioral change

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Patient experiences Sensory Learning Program at Cedar

Since the program was launched, Cedar Rapids Vision In Motion has seen 21 patients with various degrees of problems including: brain injuries, autism, and mood disorders.

One 12-year old autistic child who would refuse to hold his mom's hand when crossing the road and who barely slept before partaking in the Sensory Learning Program now takes himself to bed and holds his mom's hand. "Thank you for giving us our son back! He goes to bed without having to be asked 20 times and when we leave a store he holds a hand, he didn't do that before," say his parents.

To learn more about the Sensory Learning Program and if it may or may not be beneficial for you or someone you know, please contact Kimberly at (319) 364-2311.

Talent/Finalists perform at Theatre Cedar Rapids

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The 16 finalists included Adam Keith, Andy Lesieur, Angie Kosirog, Cindy Staton, Cortney Alber, Elizabeth Brown, Erin and Megan VanKirk, Heather Clark, "Killer Dynasty" Derrick and Karlyn Ray, Layton White, and Vidal Richardson from Cedar Rapids; Chase Garrett from Iowa City; Luke Viertel from Marion;

"Heartstrings" Emma and Lucy Conroy from Mt. Vernon; Noelle Martin from Solon; and Oakley Lyon from Wilton. Three local professional talents also performed during the finale event; these acts included magician David Casas, HappyGoLovely and the Cedar Rapids Spirits.



Finalists lined up in front of the big curtain after performing to an almost sold out crowd on Sunday, August 8, at Theatre Cedar Rapids.

Contestants performed during the Finale to an almost sold out crowd. The Grand Prize winner was singer Cortney Alber. Beat-boxing flutist Oakley Lyon won the second prize of \$1,000 and dance group "Killer Dynasty" won the third prize of \$500.

All proceeds supported local program Cedar Rapids Vision In Motion.

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