CAMM

Greetings CAMM supporters!

As we look ahead and begin thinking about the many things we are thankful for, I am reminded of how beautifully God creates and cares for each of us. Psalm 139:13-14 says, "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made." What an incredible reminder of the value God places on every life, even before we take our first breath!

This month's newsletter highlights the antenatal and delivery services provided at Lutheran Mission Rural Health Center in Zambia. What a blessing it is to see the ways this clinic is able to care for mothers and their babies during such an important time in their lives. Access to quality care during pregnancy and childbirth can make such a difference, and I am thankful for the dedicated clinic staff who work hard to provide these services to the communities they serve.

Please join me in praying for the mothers and babies who come through our clinics, as well as the healthcare workers who care for them. May God continue to bless this important work and provide the resources needed to serve these families.

As always, thank you for being part of the CAMM family. Your prayers, generosity, and continued support make this work possible. We are so grateful for each of you!

Please do not hesitate to reach out with any shipping questions you or the groups you are working with may have.

God's Blessing,

Stephanie Otto
cwc.camm@gmail.com
Contact Women Coordinator
CAMM.US
Facebook: facebook.com/CAMM.WELS

Current needs for supplies in Malawi.

Short and long sleeve shirts and sweatshirts (24 months - 4T)
Sun hats (infant - adult)
Onesies (12 months - 2T)
Athletic pants/leggings (12 months - 4T)
Baby receiving blankets, socks, and hats
Sunscreen lotion (SPF 50)
Knitted/winter hats (infant - adult)
1 and 2 gallon Ziploc bags
Baby bottles

ADDRESS BOXES FOR MALAWI

LUTHERAN MOBILE CLINIC
P.O. Box 30339
Lilongwe 3, Malawi, AFRICA

Current needs for supplies in Zambia.

Baby receiving blankets, socks, and hats
Baby blankets of any kind
Sunscreen lotion (SPF 50)
AA batteries (dry cell not lithium)
1 and 2 gallon Ziploc bags
*Zambia is not able to accept pill bottles at this time.

ADDRESS BOXES FOR ZAMBIA

LUTHERAN MISSION RURAL HEALTH CENTER (Mwembezhi)
P.O. Box 310005
Chelston, Lusaka, Zambia, AFRICA

Additional shipping information and tips can be found on our website at www.camm.us/howtohelp/

MONETARY Donations:
Check (Payable to Central Africa Medical Mission) Mailed to
WELS Gift Processing
N16 W23377 Stone Ridge Drive
Waukesha WI 53188

Donate online
www.camm.us/donate-to-camm

CAMM

OCTOBER 2026 NEWSLETTER

CARING FOR MOTHERS AND BABIES

At the Lutheran Mission Rural Health Centre, caring for mothers and their babies begins before a child is born. Our antenatal clinic is held every Tuesday, providing an opportunity for pregnant women to receive care, learn about their health, and prepare for delivery. The government has encouraged all pregnant women to begin antenatal care early, before twelve weeks of pregnancy. Early booking allows health workers to identify complications, provide essential vitamins, and help mothers prepare for a safe delivery.

When women come for their first antenatal visit, they are encouraged to come with their husbands. Together, couples receive health education and counseling before being tested for HIV and syphilis. If either infection is identified, treatment is provided. Those who test positive for HIV are started on antiretroviral therapy, which helps prevent transmission of HIV to the baby. Treatment for syphilis also reduces the risk of passing the infection to the baby and helps prevent serious complications during pregnancy. After their first visit, mothers are encouraged to return each month for antenatal reviews until the time of labor. These visits provide an opportunity to monitor the mother's health, identify potential problems, and discuss preparations for delivery.

Preparing for a new baby can be difficult for many families because they do not have the financial resources to purchase everything they need. Supporters of the Central Africa Medical Mission have sent baby clothes, blankets, and other items for our clinic staff to give to mothers who deliver at the Lutheran Mission Rural Health Centre. This support is making a difference in our community, and we are thankful for the generosity that helps us care for these mothers and their babies.

We also thank God for the donated ultrasound machine that Kate and Angela brought to the clinic. Previously, it was very difficult for mothers to obtain an ultrasound because of the cost of traveling to another facility and paying for the service. Having an ultrasound at our clinic is a valuable addition to the care we can provide to expectant mothers.

Challenges Facing Mothers

Although we are committed to providing good care, many challenges remain. From January through June, 162 mothers registered for antenatal care, but only 31 came for their first visit before twelve weeks of pregnancy. Limited health education and awareness can make it difficult for some mothers to understand the importance of early antenatal care and the risks associated with delivering at home. Financial challenges also make it difficult for women to attend regular appointments, particularly when they must pay for transportation to the health centre.

The consequences can be serious. Of the 100 deliveries recorded during this period, 27 took place at home. Tragically, one mother died during a home delivery due to bleeding. These numbers remind us how important it is to encourage mothers to seek antenatal care early and to deliver at a health facility where trained health workers can provide assistance when complications arise. We want every mother to have the opportunity for a safe delivery and every baby to have a healthy beginning.

Improving Care During Delivery

We are also working toward providing our staff with the updated equipment needed to care for mothers safely during labor and delivery. Some of our current instruments are very old and need replacement. Equipment such as delivery beds, examination instruments, and complete delivery sets would help our staff provide safer, more effective, and more dignified care.

As a faith-based institution, our commitment remains strong: to provide compassionate, high-quality care to mothers, families, and our community. The future of every child is deeply influenced by how safely a mother is cared for throughout pregnancy and delivery. Protecting a mother during these critical months helps safeguard the next generation.

In His service,

Jackson Kalekwa
Clinical Officer in Charge