

BONGOLO HOSPITAL: LEBAMBA, GABON 2010

We once again want to thank you for partnering with us in the endeavor to bring physical, emotional and spiritual healing to the people of Gabon. There have been many times when one of your packages had an item in it that was needed.

As many of you know, the US Postal Service no longer sends packages boat mail. We have been researching and trying to find a way to get packages to us at a reasonable cost to you. The following are a couple of ways to send packages:

The US Postal System has what is called International Priority flat rate boxes. The rate on these boxes is \$43.45 and you can send up to 20 lbs. for that. The sizes of the boxes they have available now are (1) 13.75" x 11.75" x 3.5", and (2) 11" x 8.5" x 5.75". The boxes can be obtained at your local post office. They aren't very large, so it would be good for heavier items like multivitamins or anti acids. There is now a larger box that costs \$55.95 to send. Please put only 3 different types of items in each box, for example, toothbrushes, cotton balls, and multivitamins. For now, we ask you to send the packages to the mission address in the capital city Libreville. The address is: Bongolo Hospital, B.P. 13.021, Libreville, Gabon. Please send \$10/box to the C&MA headquarters to the following account: Bongolo Medical Supplies/Shipping/Customs. This will pay to get it down country to Bongolo. (C&MA, PO Box 35000, Colorado Springs, CO. 80935-3500)

Every year the hospital ships one or two containers from the U. S. to Bongolo Hospital. Often, there is space available in these containers for a limited number of packages. Coleen Lofgren has agreed to inform you about the needs, etc. If you would like to be on the Bongolo Supporter's List so you know when the shipments go out, please contact Coleen and give her your e-mail address. If you have packages that you wish to send this way, please e-mail Coleen at coliemark@northlc.com (the letter after north is "L") with a list for each package: the dimensions, weight and contents including cost of the items. She will then let you know where to send the packages. Due to the fact that sending a container is expensive and the packages need to be trucked down to Bongolo from Libreville, , we would ask you to send \$9 to \$10 per cubic foot for each package to the C&MA Headquarters to the same account as above. The cost of sending a 40 foot container all the way to Bongolo, including port charges, etc. is \$12,000, so please send the money and note that it is for "Bongolo Hospital shipping" for each box. Please limit the size of the boxes to a total of 70" (width + length + height).

Light items like cotton balls could be send in an airmail large envelope to the Libreville address. Another possibility to help us would be to send funds to our account at the C&MA Headquarters for medical supplies, shipping and customs.

The list for 2010 has a few items added. For example, we now need OR linens and patient gowns again. If you have items that you think may be of use, please contact Coleen at the above e-mail or call her at 218-245-2706. Her mailing address is: 41366 Scenic Highway, Bovey, MN. 55709. Please check out the Bongolo Hospital website at www.bongolohospital.org; under links is the AW Needs List. If you are a medical professional and want a list of items that you could help us out with, please contact Coleen and she will send you a list.

Is your church looking for a mission project for your VBS, Women's Mission Rally, etc?

Here are some ideas:

1. Pulse Oximeters for the hospital (it measures oxygen levels)
2. Helping the Poor Fund at the hospital for those who can't afford care.
3. Money towards Bibles and tracts to give out to the patients and their families.
4. Contact Coleen for other ideas.

Bongolo Needs List 2010

(** = priority)

OVER THE COUNTER MEDICATIONS: make sure the medications will not expire within 12 months.

1. Multivitamins with the essential minerals like Centrum and Centrum Kids **
2. Cold medications: decongestants
3. Non-sedating antihistamines like Claritin (or generic Loratidine)
4. Benadryl pills** (Generic is OK)
5. Selsun or Selsun Blue Shampoo **
6. Antacids with Calcium **, like Rolaids or Tums
7. Hydrogen Peroxide

MEDICAL SUPPLIES:

1. Small, clean empty pill bottles with lids on them. If you can't remove the label, please cover them with a white label. A product called "Goo Gone" helps remove the sticky labels.
2. Rolled sheet bandages made from used sheets. Widths should be 3", 4", or 5". The diameter should be 2-3". Secure end with a stitch or a rubber band.
3. Good quality 1" masking tape (used to secure sterilization wraps)**
4. Pill cutters (available at Wal-Mart or Drugstores like CVS, Eckerd or Walgreen)
5. Kerlix-type bandages and dressings
6. Playtex-type heavy-duty rubber cleaning gloves (sizes medium and large)
7. Stackable rectangular plastic hospital basins
8. Cotton balls**
9. New or slightly used hand towels (bath towels can be cut in half and hemmed); No white, please. Also, please write on them with permanent marker: Bongolo Hospital**

DENTAL SUPPLIES:

1. Toothbrushes
2. Toothpaste
3. Dental floss

EYE CLINIC SUPPLIES:

1. Eye drops such as Murine, Artificial Tears, and Anti-allergy drops **
2. New (inexpensive) reading glasses of various strengths with a case.
3. Non-prescription UV-ray blocking sunglasses (for after cataract surgery) **

SURGICAL SUPPLIES: (++) See instructions for making these items)

1. Blue operating room towels**
2. Laprotomy sponges
3. Operating room caps (patterns available through Simplicity or McCall's)
4. Vaseline Gauze, Adaptic, Telfa dressings
5. Patient gowns
6. OR linens (24 x 24 in., 36 x 36, 48 x 48) Questions on how to make them? contact Coleen.

MATERNITY:

1. CLOTHES FOR PREMATURE BABIES: The Bongolo Hospital Maternity is a center for difficult deliveries and premature babies. There is, therefore, a need for preemie clothes for about 30 babies a year. Wal-Mart now carries premature clothes. The premature onesies are particularly appreciated.
2. Preemie caps: out of soft stockinet or cloth preferable. If they are hand-knitted please use soft, fine baby yarn. Please do not use heavy, bulky yarn.
3. Preemie baby booties or socks**
4. Flannel receiving blankets
5. Preemie and 0-3 month pacifiers
6. Bulb syringes **

UNIFORMS:

1. Good quality white lab coats for men and women, sizes medium to 2XL
2. Students nurse uniform tops: should be made out of blue and white gingham checked material, either in a scrub-like pattern or a simple short-sleeved lab coat pattern. Scrub dresses are OK for the women. Please note that only about half of our nursing students and staff are women.
3. IF YOU ARE UNABLE TO SEW: you can send white or blue checked gingham cotton or cotton/polyester material and thread instead. If you can't obtain the material, send a check to Coleen Lofgren and she will buy it and send it in a shipment.