



Cameroon Health and Education Fund:
4265 45th Street South, Suite 111-13
Fargo, ND 58104

December 2025

Dear friends of the CAMEROON HEALTH and EDUCATION FUND,

Despite her multiple challenges, Anita never wavered in her determination to become a nurse. Born in the North West Region of Cameroon, she was thankful that her family supported her desire to help others in need. Anita received her first job as a Promoter for the Cameroon Baptist Convention Health Services (CBCHS) Life Abundant Primary Health Care Program (LAP). Promoters work in the CBCHS LAP Primary Health Clinics, and provide basic healthcare services, give health education talks to the community and refer patients to the hospital in need of urgent medical care.

Anita was soon accepted into a one year government Nursing Assistant program. She stayed with her parents before leaving to begin her training. But her visit with her family quickly turned into tragedy when armed men broke into their home, killing her father as she helplessly watched. Anita's desire to complete her Nursing Assistant program remained unchanged, but her father's death prevented her from being able to pay for her education.

The Director of the LAP program notified the CHEF board President about Anita's urgent need for educational assistance and funding. The CHEF board voted Anita into the CHEF Scholarship Program and a CHEF donor agreed to pay for Anita's one year Nursing Assistant Program. In December 2021, Anita graduated from her Nursing Assistant Program and began working as a Nursing Assistant for CBCHS LAP PHC in the Adamawa Region, Cameroon.

Anita's financial donor encouraged her to pursue her dream to become a trained nurse. The donor agreed to pay for her nursing school education. Anita was accepted into a three year government Nursing School program (10/2023-10/2026). Her exam results for the first two semesters were excellent.

In early May, 2025, Anita developed severe abdominal pain and was rushed to CBCHS Nkwen Baptist Hospital. She was taken to surgery and was diagnosed with an Intussusception, which is a serious condition where a part of the intestine slides into the adjacent part. Anita spent nearly two weeks in the hospital before she was discharged home to complete her recovery. When Anita's donor was notified about her surgery, the donor agreed to pay for all of Anita's hospital expenses and ongoing medical care. Anita slowly improved during the weeks following her discharge from the hospital.

But, during one of Anita's follow up checks, her doctor told her that a biopsy from her surgery was positive for cancer. Anita was told to go to Mbingo Baptist Hospital (MBH) and be seen by the Oncologist for further evaluation. When her test results returned, the Oncologist explained to Anita that she had metastatic (widespread) cancer, which probably started in her lungs. The Oncologist recommended a series of chemotherapy treatments, with follow up testing in several months. Anita's chemotherapy treatments made her feel unwell and she was grateful that her mother took care of her during those difficult days. By September, 2025 Anita was feeling stronger and her medical testing was repeated. The Scan showed a significant decrease in tumor size.



Anita (right) and her mother (left)

Anita will be starting her last year of nursing school in November 2025. Anita is thankful for the loving support of her family, the assistance from the CHEF board of directors and the financial support from her donor. She is also grateful to everyone who has been praying for her health to improve.

The ongoing crisis and violence in Cameroon has not stopped. Presidential elections took place on October 12, 2025 and 92 year old Paul Biya was elected into his 8th term as President of Cameroon.

Since CHEF is run completely by volunteers, CHEF's overhead costs are low (approximately 5%). If you choose to donate to one of CHEF's current projects, which are located on the CHEF website: cameroonhealthandeducationfund.com, CHEF will transfer 100% of your donation to your project. Checks can be mailed to CHEF's address (4265 45th Street South, Suite 111-13, Fargo, North Dakota 58104). The CHEF Website now accepts major forms of credit cards. The CHEF Website face page (cameroonhealthandeducationfund.com) has an oval donation button which allows users easy access to the credit card donation site.

The CHEF board of directors meets periodically by ZOOM teleconference to assess the progress of CHEF supported projects and identify and prioritize funding needs. A list of CHEF's 14 member Board of Directors is located on the CHEF website.

CHEF's main in-country partner is the Cameroon Baptist Convention Health Services (CBCHS) (www.cbchealthservices.org). CBCHS is a Christian nonprofit healthcare organization that supports 97 medical facilities throughout 8 out of 10 regions of Cameroon. Both CHEF and CBCHS have remained neutral during Cameroon's crisis. The CBCHS strives to provide exemplary healthcare to all who need it, regardless of ethnicity or religion; improve public health and train hundreds of healthcare workers to provide care not only in CBCHS facilities, but also in governmental and non-governmental facilities within Cameroon and other African countries.

CHEF remains committed to increasing our efforts to obtain support for health and education programs in Cameroon. With the help of our donors, we accomplish this task. All CHEF-approved projects, are located on our website: (cameroonhealthandeducationfund.com), Three CHEF projects that are in need urgent funding include the following:

1. **Children's Hospital of Cameroon Project:** Located on the campus of CBCHS complex in Mutengene, Cameroon, the goal of this flagship Children's Hospital is to provide comprehensive and affordable pediatric care, regardless of their social economic background. In Cameroon and throughout Sub Saharan Africa, the death rate in children who are under five years of age is one of the highest in the world. When completed, this Pediatric Hospital will be the first of its type in the Sub Saharan region of Africa. Funding is urgently needed to complete this hospital.
2. **Dr. Brown Benevolent Fund at Mbingo Baptist Hospital:** This fund provides needy families with vital medical care for significantly reduced cost.
3. **Life Abundant Primary Health Care (LAP) Program:** LAP manages 53 Primary Health Centers (PHC's) in rural communities. In many areas, the LAP PHC's are the only healthcare available for those in need. LAP trains Promoters and Community Mother Child Health Aides (CoMCHA's) who take care of pregnant women in their communities.

Thank you for your past donations and for any future financial or volunteer support that you provide for CHEF. We appreciate your generosity and hope you have a joyous holiday season.

Sincerely,



Alison LaFrence, MD

President, Cameroon Health and Education Fund (CHEF) volunteer with CBCHS since 1994

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