

THE MONTHLY DOSE



For us. By us.

Injeeeect..



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Core Mandates:

Quality Assurance Services

Supply Chain for HPTs

Health Systems Strengthening

Inside This Issue:

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THE SUPPLIERS' CONFERENCE

By Daniel Mumo



The MEDS Suppliers' Conference, held on 5th Feb 2026, under the theme, **“Re-engineering Health Products Supply Chain Systems for Resilience Amidst Shifting Market Dynamics”** offered a valuable platform to engage directly with the partners who keep our supply chain moving. The meeting allowed for open conversations around supplier needs, shared expectations, and ways to strengthen collaboration going forward. The event was graced by the company's top leadership, with the CEO and departmental directors delivering remarks that highlighted the importance of strong partnerships in driving continued growth and excellence.



THE SUPPLIERS CONFERENCE

By Daniel Mumo

The guest **Phillip Therapeutics CEO, Dr. Newton Siele**, delivered a vital presentation on Re-engineering Supply Chain for resilience in a VUCA environment and Black Swan events.



Dr. Titus Isoe, The Director of Supply Chain for HPTs at MEDS shared the supply chain priorities of this year; supply chain digitization (e-procurement, full implementation of the ERP system, among others) Market growth and diversification (enhanced last mile deliveries, strategic partnerships with local distributors, etc.) and Quality & Compliance (for instance, ISO 9001:2015 certification maintenance and an enhanced cold chain infrastructure)

ON THE SPOT WITH EVANS KIBANDA

By Daniel Mumo



1. You joined MEDS in 1989. How was MEDS back then compared to what it is today and what changes stand out the most?

I joined MEDS in 1989. MEDS was then situated along Shimo La Tewa road, NOTCO premises next to Gailey and Roberts, the warehouse currently housing JMC motors. MEDS was occupying a small warehouse, the size of the current receiving area. Every activity then was done manually including arranging stocks into locations up to level 3 using ladders, keying in orders using typewriters.

2. You've served MEDS in different capacities over the years. Which role taught you the most, and why?

I worked in the dispatch area for most of my career, from the early 1990s to the early 2000s, and served in customer service. At the time, invoicing was especially challenging since orders were dispatched first and invoiced later, resulting in double posting costs. Orders had to be typed twice, once on a typewriter and again on a computer, which made the workload intense and demanding. Errors on some invoices required multiple corrections before a final version could be posted. Still, these challenges **became scars that proved growth, not limits**. They strengthened my patience, sharpened my ability to work under pressure, and refined my attention to detail in handling client orders and invoices.

ON THE SPOT

By Daniel Mumo

3. In your current role at the receiving bay, what do you think is the most critical thing people often overlook about this function?

Proper scheduling of deliveries is the most critical thing overlooked at the receiving bay.

4. Looking back, what moment made you feel most proud to say, 'I work at MEDS?'

MEDS staff used to get gratuity after the end of every contract period until 1999, the money I used to purchase a piece of land and build a home, since contract renewal was not guaranteed.

5. Over such a long journey, there must have been challenging seasons. What's one challenge that shaped you. What did it teach you?

Pilfering MEDS stock for personal interests was a common habit at the time. It led to loss of jobs for several young men, and I believe Integrity kept me then. I learned that integrity is a quiet flame, that warms long after lies burn out.

6. Working for over three decades in one organization takes commitment. What helped you stay consistent and balanced through work and personal life?

Working hours allocated by MEDS gave me ample time to balance work and family time especially the two-shift system. The system gave me enough time to bond with family and friends and still do my tasks diligently.



7. If you could leave one piece of advice for the current and future MEDS staff, something that goes beyond the job. What would it be?

Show commitment and diligence to your work, MEDS is a great employer. Develop yourselves both in urban and rural areas since retirement is mandatory.

ON THE SPOT

By Daniel Mumo
&
Beryl Itindi

8. Light questions.

- **Favorite meal?**

Homemade Githeri.

- **Teamwork or working solo?**

teamwork

- **Most memorable MEDS era?**

Two eras stand out for me.

Sister Joan was able to source funds to acquire the eight zenith warehouses on enterprise road. Mr. Pascal led the construction of the current MEDS Centre.

- **One word that sums up your MEDS journey?**

Elevation. MEDS keeps on moving notches higher. I joined the company when it was 3 years old and am glad to have been part of the 40-year journey.

9. As you transition into retirement, what are you mostly looking forward to?

I look forward to settling back at home in Lumakanda, engage in farming and communal activities.

10. What's that one thing that most people don't know about you?

I have never used an alarm to wake up.



“Retirement is when you switch bosses from the one who hired you to the one who married you.”

MAIN GUESTS' GOLDEN NUGGETS (supplier's conference)

By Daniel Mumo

There were several presentations during the Suppliers Conference. Below are the golden nuggets from our main invited guests.



Our guest

Phillip Therapeutics CEO, Dr. Newton Siele, delivered a vital presentation on Re-engineering Supply Chain for resilience in a VUCA environment and Black Swan events.

Meaning of VUCA. Volatility-Frequent and massive shifts in demand, supply or pricing. Uncertainty-lack of predictability where the future cannot be gauged from historical data alone. Complexity-interconnected, multi-layered factors that make cause-and-effect difficult to determine. Ambiguity-causal relationships are unclear and no precedent exists for current events.

Black Swan Event and CX (Customer Experience) strategy

Black Swan Event-An unpredictable event that is beyond what is normally expected and has potentially severe consequences, for instance the Covid-19 pandemic.

GOLDEN NUGGETS

By Daniel Mumo

Enhancing CX to build resilience against black swans.

1. Proactive communication and transparency can drastically reduce the strain on healthcare providers, enabling them to better navigate crisis.
2. Strategies that emphasize flexibility ensure that healthcare providers can adapt seamlessly even in the most turbulent times.
3. Partnership and collaboration with healthcare providers to understand their specific needs and challenges. Logistics Service Providers (LSPs) can tailor their services to ensure both parties are aligned and can work together to effectively navigate black swan events better.
4. Investment in technology for instance, Real-time tracking using "Internet of Things (IoT) sensors and risk assessments using "PESTLE" factors can provide healthcare providers with the information needed to manage their supply chains optimally.



Our Chief Guest, Dr Nazila Ganatra the Director (Directorate of Health Products and Technologies State Department of Medical Services) Ministry of Health, Kenya delivered high-impact insights on building Agile health Supply Chain systems.

GOLDEN NUGGETS

By Daniel Mumo

Agile and resilient health supply chain systems are advanced, data-driven frameworks designed to rapidly adapt to fluctuating patient demands (agility) while withstanding and quickly recovering from disruptions like pandemics or natural disasters (resilience).

Agility focuses on speed and flexibility to pivot to new circumstances, resilience focuses on long-term continuity and bouncing back from disruptions.

Key strategies for building agile health Supply Chain Systems.

- ◆ Digitalization and Real-Time Visibility
- ◆ AI and Data Analytics
- ◆ Resilient Supplier Relationships
- ◆ Process Optimization
- ◆ Workforce Development

ISSA TBT!!

By Daniel Mumo &
Beryl Itindi

Thousands of moments. One incredible journey. As the company celebrates four decades of service, this TBT series opens the archives to revisit some of the memories that helped shape the story. From the early beginnings to the milestones along the way, these snapshots capture the people, places and moments that made the journey worthwhile.

Laying of the foundation stone By HIS EMINENCE KASPER.

Before tufike "Canaan" hapa Msa Road, His EMINENCE KASPER alikam kulaunch kafoundation stone jo. Je, ulikuwepo?



Ndio kuingia sasa.....Wageni waheshimiwa wapo site!! Enterprise Road



Mr. Manyuru "Hii ndo zabe for now," akawapigisha katour kiasi then akawapeleka dining table

MEDS @ 40!

By Daniel Mumo
&
Beryl Itindi



Dr. Jane Masiga, "Karibuni jo, Kunyweni kabreakfast before shughuli jo." Walimaliza na wakafikishwa the new site.



So hii ndo zabe jo..hapa ndo tunainua the "state of the art" MEDS



HIS EMINENCE KASPER, "Tuanze na word jo, mnacheki design God aliambia Peter Upon this Rock, I'll build my church and the gates of hades will not prevail against it. This is not just a foundation stone, it's a pillar of MEDS growth no weapon formed against MEDS progress will prevail.

ISSA TBT!!

By Daniel Mumo
& Beryl Itindi



After foundation stone, building ikaanza, Mr. Harrison (far left) anaconfirm ka huyo fundi anafuata instructions ziko Kwa manual.



Hebu oneni vile Canaan ilitoka mali safi!!

**Next tunaenda Singapore . Uko na
passport ama you can explain?**

THE SPORTS ARENA

By Daniel Mumo

The cue sticks may be briefly resting as the pool tables undergo renovation, but the competitive spirit around the arena is anything but quiet. Friendly matches have been popping up here and there. Interestingly, last year's champion, Peter Juma seems to have a target painted squarely on his back, with challengers lining up and handing him a few unexpected losses. Either He's becoming a living example of "*aliye juu mngoje chini*" or "*anaficha game akingoja ligi ianze*". Perhaps the throne is wobbling already. In a nostalgic twist, former champion, Charles Mutisya recently crossed paths with a retired legend of the game, Mr. Harrison Kinyanjui, and the two wasted no time rekindling old rivalries over a spirited match. As the tables get their much-needed facelift, one thing is certain: once the arena officially reopens, the race for the crown will resume, and this time, everyone seems ready to claim it.

| 7-baller givers 2026 | | | 7 baller recipients 2026 | | |
|----------------------|-----------------|--------------------|--------------------------|-----------------|--------------------|
| Pos. | Name | No of achievements | Pos. | Name | 7 ballers received |
| 1 | Charles Mutisya | 7 | 1 | Peter Juma | 4 |
| 2 | Ndemo Kerina | 2 | 2 | Ndemo Kerina | 3 |
| 3 | Peter Juma | 1 | 3 | Jackson Musembi | 2 |
| 4 | Jairus Owenga | 1 | 4 | Justus Bosire | 2 |
| 5 | Justus Bosire | 1 | 5 | Dismus Keya | 1 |
| 6 | Alex Ngemu | 1 | 6 | Francis Mbithi | 1 |



HR UPDATES

By Joyce Khamasi

- * Gladys Wambui Mburu
- * Ruth Mwikali Mumangi
- * Petronila Mwelu Kivuva
- * Rose Kabura Njoroge
- * Rabbecca Mulewa Kisivo
- * Charles Antonio Mutisya
- * Brian Sawanda Ouma
- * Nancy Wanjiru Nzioka
- * Christopher Musyoka Masila
- * Catherine Achola Were
- * Carlos Mutua Muithya
- * Priscilla Mandi Gati
- * Cyrus Mathonga Mwanzwii
- * Adamson Simiyu Wesusa
- * Fredrick Onyango Asigo
- * Joseph Mutero Kinyua
- * Paul Ogindo Otieno
- * John Kibe
- * Fredrick Kamau
- * Alex Makokha
- * Joseph Okumu
- * Hilda Kerubo Mesa
- * Esther Wango
- * Andrew Wamalwa
- * Juliet Oswe
- * Vanessa Odek
- * Hillary Odhiambo Oloo

**Happy Birth-
day dear
ones! You are
one year wiser
and one year
closer to
retirement
today.**

THE HR UPDATE

By Joyce Khamasi

We are delighted to welcome our new colleagues **Hillary Odhiambo Oloo** & **Caroline Chemase** to the MEDS family. As a faith-based organization committed to transforming lives through quality and innovative health solutions, we are excited to have you join us on this journey.

Your skills, experience and unique perspectives are a valuable addition to our team and we look forward to the impact we will create together. Once again, welcome to MEDS. We wish you a fulfilling and successful experience with us.

NEW BORN

Baby Aylani Kwamboka Orito, Daughter to Carolyne Banchiri Ntabo.



CONCLUSION

By Daniel Mumo

And just like that, another chapter folds, but this is no finale. What you've just turned through are not mere pages, but pulses, living sparks, moving conversations, and stories that linger long after the read. If a line made you pause, a thought made you lean in, or a moment drew a quiet smile then we struck something real. Same fire. Greater vision. Deeper impact. Now, the spotlight shifts. What held your gaze this month? What made you reflect, grin, or nudge someone and say, *"you need to see this"*? What story, image, or insight should echo louder in the next Dose?

Speak into it.

Every laugh, every bold perspective, every flicker of brilliance adds fuel to this shared journey. This Dose lives because of you, your voice, your energy, your willingness to show up and shape the narrative.

Reach us at: bitindi@meds.or.ke | dmumo@meds.or.ke

As we step forward, let's bring our finest our passion, our purpose, our commitment to go further. Not just to continue the story, but to stretch it into deeper impact, stronger service and excellence that echoes far beyond us.