

Nakekela News

Nakekela Christian Care Centre Association

Portrait of Success—the story of Jeremia

April 2011

Jeremia, an adult male of 35 years old arrived at Nakekela on March 16, 2011 weighing only 34 kg. He was very weak, having HIV and also just finished his treatment for Tuberculosis. He said that he still did not feel very well and had problems with his chest although his medication as prescribed for the TB has been finished.

At his arrival we thought that he would not last for long, because he was so thin that he could not even walk on his own. He gave his immediate co-operation, taking his medication and also ate his food. His condition started to improve gradually up to where he could walk again. We could see by the sparkle returning to his eyes that he started to have hope of recovering once again. He also took interest in the art classes that took place once a week and immediately started to do larger and more difficult paintings than the other patients. He also did not want to leave a painting to stand over till the next week, but insisted

on finishing it on the day that he began the painting.

Taking part in the art classes motivated him a lot and he could not wait for Thursdays to start with the classes. The therapist also saw that he had a talent and gave him more difficult things to paint. She also told him that he had a real talent and that she would love to assist him further in developing this talent. He still visits Nakekela on a weekly basis in order to

paint with the in-patients, even though he has been discharged. He also related that he feels much more motivated after starting with these classes and that that made him feel that he could achieve something again.

This just stresses the fact again of how important the additional therapy is for our patients and that it can actually motivate them to go on with their lives.



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From the Manager's Office

By Babette Grobler

We are now four months into the year, and we can praise God for enabling us to continue with Nakekela as a project. NCCCA is now also part of a larger organization, Strategic Alliance for Learning and Teaching (SALT). This organization consists of most of the PRISMA Alliance's (Dutch Organization) South African partners. Sr. Emma Masanabo and I attended a three day conference at the end of February where we received training on "Baseline Studies". This resulted in us at Nakekela starting with our first

Baseline Studies. The results of this will made known by the end of this year.

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We also had our first open day at NCCCA. Our aim was to inform local pastors about our mission and identify their needs concerning the HIV/AIDS pandemic. Nine churches were represented at Nakekela and

three of our board members also attended. It seems that there are diverse needs on basic information on HIV/AIDS and about where/how to go for assistance. We will use the South African Christian Aids Bureau's training program in the second half of the year to train pastors to be able to answer to the needs triggered in their congregations by the HIV/AIDS pandemic. Meanwhile, we are still continuing with all our other programs for our patients and staff.

Doctor's Report

By Dr. Sonja Misikin

For the first quarter of this year, our patient statistics are not very encouraging. We admitted 35 people of whom only 5 recovered well enough to be able to be sent home, the others have all died under our care. There are many reasons for this. The most important one being that God alone has the right to give life and has the prerogative to end it also, we work

to spare and save life but the Lord alone has His will done. We serve the poorest and the rejected and neglected and they are the ones without any reserve strength and so very vulnerable. The social and spiritual backgrounds of our patients are so poor, these people are so disadvantaged and so beset with problems, they hardly have any incentive to

continue living. So we need to continue reminding ourselves of our calling, which is palliative care, being patient in adversity but then being joyful in prosperity when the Lord does see fit to grant healing to some. We work one asking for prayers that we will not get weary in well doing

Counseling / Therapy

By Riana Hattingh

Like I promised last time, I will tell you a miraculous story concerning one our previous patients.

I share with you one of the miracles that happened here at Nakekela by the grace of God. A 26 year old man was admitted as a patient. He was very weak, couldn't speak, had lost a lot of weight, and couldn't hear properly. He had had a stroke and could still move one hand, but it was still quite weak. The first time I met him, he was on an IV and his mind was confused. He would smear the walls with his weak hand. He had to wear a nappy. He was very stubborn

and very uncooperative, refused all food and medicine. He was depressed, and it was as if there was a dark cloud hanging over him. I started with prayer and counsel, and also physiotherapy. While I was working with him, I sang worship songs, prayerfully, hoping that God would work in him.

One time I came he was able to sit in a wheelchair, and not only in his bed. He was still very weak, on an IV, and wasn't able to sit upright or hold his head up. He was also still very depressed.

I convinced him to take part of the

art classes, together with the other patients. He was so weak he could hardly hold a paint brush in his hand, but I kept on guiding him and encouraging him to continue on.

While we were busy painting, something like a miracle happened. It was like electricity went through him, and light and strength started to go through him. I let him paint with bright colours on an African picture. His whole body language had changed from when I had first met him, and he started smiling. There was a glow of satisfaction and hope in on his face.

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Later on I could see he was getting tired and wanted him to stop, but nothing would stop him. When I took the picture away, he kept on painting on the paper covering the table beneath the picture. On that day, something positive happened and broke through. He realized there was HOPE!!! He could still do something new and beautiful. He started to smile and cooperate. He was paralyzed on one side of his body and weak on the other side, but when his emotions turned from being negative to positive, he started working with physiotherapy and exercises. He took part of the Bible studies, counselling, and prayer. The art classes were his first successful form of therapy. Later on, wherever he went you could hear him laughing and, everyone with him.

If some of the patients were depressed, we would send him to go a talk to them. Not long after that we would hear the sounds of laughter. He started to walk and became strong. He never stopped exercising, and never gave up hope. He gave very sound and wise counsel to the other HIV patients. This young man is a miracle to every one of us, wherever he goes. He carries the message of new life and new beginnings, even for those living with HIV/AIDS. He loves to come and visit for after care and counselling.



A care-worker playing Rummikub with the patients

Introducing Our Staff—Sarah Zindane

Sarah grew up in the beautiful mountainous area of Dullstroom. She only attended school up to Standard 3, as there were no higher schools in the area. Over the course of the next 20 years, Sarah had part-time jobs at the local farms. From there she moved to Pretoria to take a job as a domestic worker. Four years

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later, in 1988, she began working at a butchery, packaging and sorting meats. The owners transferred her after 10 years to their restaurant, as the food manager for weddings and other large parties. In 2003, she began working at

MCDC in the gardens. It was there that she was first taught, by various pastors, about God and came to an understanding of His grace. In 2007 she received a phone call regarding a position at Nakekela. This position would allow her to use her food management skills as the Housekeeping Coordinator. She loves working at Nakekela and appreciates how the staff communicates in a loving manner with one another. She says, “This place is very good for me. I am happy with this job, because it gives me more knowledge. I like the way things are managed. Even when staff needs to be corrected, it is done in a loving way.” She has supported her children and family alone for many years and suffered through trauma because of a difficult marriage. Throughout her life Sarah sees how God has

upheld her throughout all of the joys and sorrows. Sarah continues to grow and relies on God to provide for all of her needs. She regularly attends church in her village of Zakheni Ext. 2.

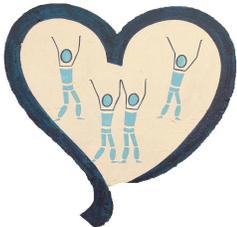


Sarah in front of the food storage

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Striving to be the hands
and feet of Lord Jesus in
the community

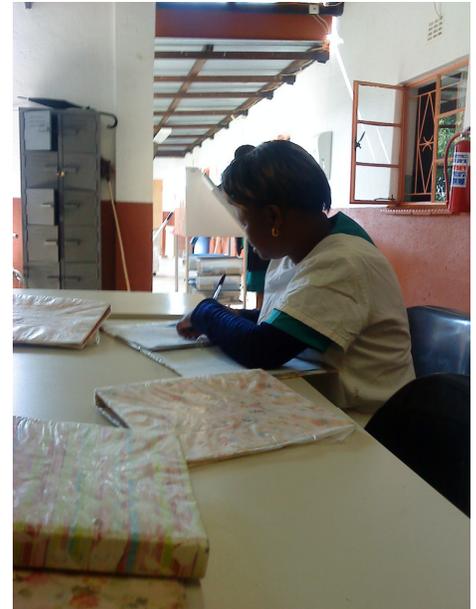
Nakekela Christian Care Centre Association is a public non-profit step-down facility established for terminally ill patients with HIV/AIDS in the greater KwaNdebele area.

Mission: To render palliative and curative care in a holistic manner to both in- and out-patients in the KwaMhlanga Community whose lives are impacted by HIV/AIDS.

Vision: To work in collaboration with local communities including churches, schools government structures and other community institutions and stakeholders to further its main objective (as stated in the mission)



Sr. Emma & Dr. Sonja counselling a patient



A care-worker filling in reports

We will soon be on the
Web! Watch this
space!!

Prayer & Thanksgiving

We thank God for all the people who came to visit us at Nakekela in the past several months:

Various local pastors who attended the Open Day we held on 25 March for Pastors

20 April—Thom Deelstra & Bert De Jong from Montfoort, the Netherlands

~Thanksgiving for donation for the washing machine

~Thanksgiving to the Lord for answering our prayers in such a short time in reestablishing the work of our hands and renewing the joy of service to Him

~Prayer for Sarah Zindane's daughter who was burned by acid during a hijacking of a taxi before the Easter weekend, and thanksgiving that she was able to receive medical help right away.

~Prayer for Anna Jiyane during her exams for Social Work

~Prayer for Constance Khanye who lost two family members just before Easter due to a car accident.

~Prayer that God will provide health and strength to the staff as we experience the cold winter months.