

Nakekela News

Nakekela Christian Community Centre Association

**2012
August**

Accomplishments

On this front page we thought of giving you snippets of all the wonderful things that happened at Nakekela in the past four months. In May 2012 we started with the training of our Home Based Care Team. One of our team members was herself a patient at Nakekela and now she is a dedicated worker serving the community. The HBC Team have now also started with the Tearfund Foundations bible study on HIV and are now busy with a course in Christian Life Skills. They have also opened our scope of practice in serving the community. One of them found a young boy who had a stroke at the age of four years. He has now difficulty in adapting at school and was brought to the centre where our physiotherapist started with a program on improving his condition. His one arm was inflexible and his hand was clutched in a fist and he could not open it. Riana started first with

exercises in “brain gym”, then she used physical exercises to improve his balance and then of course physiotherapy on his arm and hand. At this stage he is able to straighten his damaged arm and moving his fingers to open his hand. The next step would be to support him to use the hand again to write with. Because of the shortage in government staff in certain sectors, there is really no time or people in schools to assist with children like this and they are often send back home due to lack of facilities to accommodate them. We pray that with the support that Nakekela there might be hope and a future for this child.

We also celebrated Mandela Day in July. This time we had a visit from the local parliamentary constituency. They enquired about our needs and in the end they surprised our patients with gifts of new sleepwear and slippers. We

were also spoiled with new blankets and fresh fruit for our patients. It really was a joyful day with them assisting in our kitchen and in the garden. A large number of people from the local community also joined in and supported us that day. It really seems as if God has opened the doors for us to serve the community and that we are now seen as a part of them.

We also got permission from our donors to use part of our money to do maintenance on the painting of our building. At long last we also replaced all of the MDCD logos with Nakekela's Logo. The Ndebele pattern on the outside of the building has been redone as the colours had faded very quickly in the hot sun. All of our patient rooms and most of the old building on the inside received a face lift. Two young guys of the community assisted us in this mammoth task.



Thankful patients after receiving their gift from the local government.

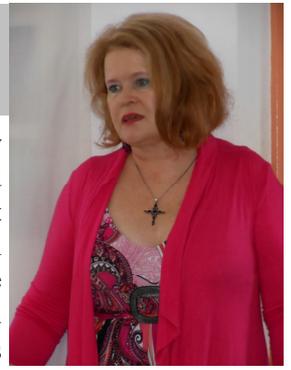
From the Manager's Office

By Babette Grobler

We just want to thank you again for all the support that we receive from you. Working in a community where there are so many needs, it is just impossible not to experience the grace of God every day. Serving the poorest of the poor we often see that children visiting their parents are hungry and needy in other ways. To see the joy on a child's face when he is presented with a cup of tea and a piece of bread is like a penny dropping from heaven. It humbles us to see that something so small can make such a large difference in the one receiving it.

Our staff has been trained to be sensitive towards the needs of those we serve. We've been able to calm a neglected and sexually abused five-year-old girl that was brought to us one morning, with a knitted toy and crocheted blanket, that came from your donations. She was completely terrified of anyone who touched her. Needless to say, we were all very emotional at seeing the distress of this little girl, but by God's grace she has now been reintroduced in the care of a family who loves and cares for her in a loving way. One of our staff members also saw a

primary school child walking past the centre in winter time with only a short pants and a T-shirt. After calling him inside, he left the centre wearing a pair of shoes and socks, a warm trouser and a sweater. Without the donations we receive locally and abroad, we will not be able to do any of these things, so we praise God for your generosity and thank you for all of your help!!



Doctor's Report

By Dr. Sonja Miskin

Our Lord God is ruler over wind and waves, prosperity and adversity. He alone determines our times, boundaries and abilities. Our responsibility is to live in such a manner as to reflect this truth of this fact and to witness to His power. This is very difficult when we encounter heartbreaking situations, when we experience disappointments. However that is one of the ways in which our faith is caused to grow. In our line of work, much faith is needed! But it is a blessed

thing to know that we are not the ones that determine the final outcome, we are mere instruments and all the praise will be to His glorious grace. We have lost many patients through the winter, but have had the joy of seeing some return to health, return home and return to our Lord in repentance. We thank those in Canada that were so kind as to make available to us the generous supplies of medicines and wound care materials, it saves us a lot

of money and helps us tremendously. With our active Home Based Care team, our patient burden has increased dramatically, and we are able to report on positive outcomes in many cases. So we labour on, on behalf of our sending churches, Word and Deed NA and DVN Netherlands, asking please that you would pray for us that we will not grow weary in well doing.



Home Based Care

By Dori Averink

In the past few months, our new home based care team has developed into a hard-working and productive extension of the work performed by Nakekela. In the first month alone, the number of patients in the field that received care, education and additional follow up, grew a great deal. This also means that the number of patients waiting for a bed has increased as well. Thankfully, with the training received, the care workers can assist the patients in their home while waiting for admission. Unfortunately, many die before they can even be admitted to Nakekela.

Miriam Rakwale, previously a care worker in the centre, was appointed as the Coordinator of this program, and I act as a support to Mirriam. Together, we go out to evaluate patients discovered by our home-based care team, to see if they meet the criteria to be put on the waiting list and help the care workers with cases that need extra support. We praise God for providing the means to have a team that is willing to go from door to door to introduce themselves and offer their care and support to those suffering from the devastating effects of HIV/AIDS.

Our care workers provide so much more than the basic needs of assistance with bathing, feeding, medication etc. They also provide the love and concern that is lacking in many cases. They listen and provide counsel when patients tell them of their problems. Also, many times the care workers are required to go with the patient to the clinic, to support and explain to the medical staff the circumstances and condition surrounding the illness that the patient is afflicted with.





Care workers posing with a patient after bathing and changing the linens in his room.



How we'd like you to think we behave....

...reality forever snapped in a photo



Dr. Sonja training the staff in the wonders of the human body.



The experience of a patient at Nakekela:

5-April-2012—My arrival at Nakekela Care Centre situated in Tweefontein G (former KwaNdebele Homeland) in Mpumalanga Province;

Introduction: I can't remember the date exactly but it was sometime in March of this year. I was brought to this place by my younger brother, my daughter and the owner of a Toyota Camry (who also happens to be my cousin). All four of us didn't know the location of the aforementioned care centre, but we were only directed that it is situated next to the Cash Build wholesalers and IPCC Church.

We were traveling along Pretoria/Marble Hall Road from Kwaggafontein. We followed the road signs indicating names of villages until we reached a road sign that indicated that Tweefontein 'G' was on our left hand side. We made a turn off and drove along the tarred road until we saw Cash Build wholesalers shop. We stopped and asked for directions to the centre.

Arrival at the care centre: A wheelchair was brought next to the back seat of the car and my brother and daughter lifted me on to it. I couldn't walk. I was exhausted to such an extent that I didn't understand where I was. I was diagnosed with TB of the bones. The first thing I did was to ask for a place to rest and I was taken to Ward 4 of the centre. I slept for the rest of the day. The next morning when I woke up, I realized that I am at the hospital, when I saw caregivers in their blue uniforms.

My stay in the centre: I found plus/minus seven patients suffering from different diseases. We were served with porridge at about 06H30, took our tablets at about 08H00 and served with breakfast at about 10H00. The staff at the centre were very nice, but I told myself that it still was not the right place for me to be. I wanted to be taken back home.

The reason being is that I had a very bad experience at one of the hospitals located in KwaNdebele, but with Nakekela Care Centre, things were different in many ways. The caregivers at Nakekela feed you when you can not do it yourself.

With pleasure, I can confirm that I am still at this finest caring centre under the watchful eye of the Manager, Doctor, Caregivers, Cleaners, Security Staff and Social Worker.

Conclusion: I feel very grateful and honoured by the work and treatment I received from this centre. My health condition has improved tremendously to such an extent that I can now walk and be discharged soon. My view on life is now that life is what you make it. If you choose to be miserable, then you will be, but if you choose to be positive, life will give you positive results. I therefore confirm with pride that after responding positively to my TB treatment for the past six months, I am now cured. Thank you! May the Almighty bless you.

Social Difficulties: Living with HIV

~ We would like to help you understand more about the life of those suffering with HIV. Particularly, the effects of those who have a lack of family to care for them.~

Our home-based care team came across a very ill 44-year-old man living with his 80-year-old father. Upon investigation, they found that the patient had tested positive for HIV and now was bed-ridden and coughing. He had received antiretroviral medication, but it seemed that he was taking the pills incorrectly. They accompanied him to the clinic where he was tested for TB as they suspected MDR (multi-drug resistant)-TB.

Also, upon investigation, the clinic staff informed Nakekela's home-based care workers that this patient did not have an ID.

Having an ID is very important as it is required to be able to get a disability grant from the government to assist with funds while the patient is incapable to work.

The social worker at the clinic informed us that we must begin the procedure of obtaining an ID for this man, by going to the police station to get an affidavit, affirming that he was a South African citizen. This required his old father to come along to prove his identity.

The process is still not completed, but we hope that, with the help of the

social worker, we will be able to assist this man in receiving his grant.

In the meantime, he remains a patient among us, receiving streptomycin injections daily, and stays under the careful watch of our staff. Through the love, care and support received at Nakekela, he is now able to walk and do many things by himself.

It is a joy to walk by his room, seeing him reading his Bible, listening to music or working on some beadwork he began a few weeks ago.

We pray that he will be blessed by the care provided here and that he will be able to return to his home, able to care for himself and his father.

Recently, an 18-year-old girl was admitted to Nakekela. Here is her story:

She lives with her gogo (grandmother). Two years ago she was tested for HIV and the results were positive. Her gogo began to give her herbal medications, but her situation did not improve.

While on home visits, and doing educational/introductory talks, our home-based care workers came upon this girl and her gogo. She was very

ill and had suffered a stroke. Because she was paralyzed on one side and could not speak, she could not take care of herself properly. It became very difficult for the gogo to care for her granddaughter. She even tried to stop the menstrual period by using some herbal medications.

After assessing the situation in this home, the care workers requested permission to take this young girl to the clinic. The gogo agreed, and

they contacted Mirriam and Dori to see if they could transport this girl to the clinic for reassessment and care.

After a few days, she was invited to attend one of our support groups and admitted the same day, due to an empty bed. She is taking her antiretroviral medication well and beginning to pronounce some words. She continues to receive physiotherapy to stimulate her muscles and seems to be responding well to the treatments.

Introducing Mirriam Rakwale... Home Based Care Coordinator

I started to work at Nakekela in 2008 after completing my Auxiliary nursing course in 2006. I studied basic nursing in 2004 at Healthnicom Nursing College. My reason for studying nursing is that I was concerned about those who are living with HIV /AIDS and the help they need. HIV is a killer in my community. I gained a lot of experience at Nakekela. It was difficult at first. People are very sick and some died in our hands, but as nursing is my calling and with the help of God, I am able to handle these situations.

I was appointed as Home Based Care Coordinator in May of this

year. It was a very good opportunity for me. With the help of Dori, it is very easy because she is a very hard-working person. Our team is doing door to door health talks about HIV and TB. Now we have more than 50 patients in the field that we are caring for. People tend to hide themselves at home, while they are very sick. Now we are there to help them. I wish we can have a team of 20 home-based care workers because we are a small team of 8. We are planning to teach and support our youth as soon as we have a place to meet. We are also looking forward to doing VCT's (Voluntary Counsel-



ing and Testing-of HIV) at Nakekela for our out-patients and the community. They can also receive counseling from Riana and also Dr. Sonja helps them by referring them to the clinics and hospitals



Several home based care workers showing off their new uniforms. They make a great impression in the community and even receive more respect from the staff at the government clinics. To them it is a symbol of a well-established team.

From left to right: Glory, Thokozile, Pinky, Ella, Jane and Martha (missing from photo: Dora, Dori, Mirriam, and Sithembile)

Community members and ex-patients suffering from poverty receive a bag of vegetables. This program is to assist those who struggle to pay for food, especially while on Anti-retro Viral treatment.



Mirriam Rakwale, displaying her newly acquired learners permit. Mirriam continues with driving lessons from a local company several days per week and hopes to obtain her license in the next few months.

Special Thanks

We would like to thank those who contributed to the sending of medical supplies through Not Just Tourists and others who donated medical supplies: Andrea Sherbo, Arlene Nap, Arnie Korevaar, and Theresa Averink



The artists who gave the entire facility a fresh new coat of paint and designed new borders in the rooms and the outside wall



Nakekela Christian Community Centre

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Standard Bank - Main Account
Type: Savings
Account Number: 348123027

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)

This ministry is made possible
by support from our major
donors



Serving God
Bridging Communities
Renewing Lives

Visit www.wordanddeed.org to donate via Bank Account,
PayPal or Credit Card OR

Via Cheques made out to Word and Deed Reference

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DE VERRE NAASTEN

Visit www.deverrenaasten.nl for more details

Many government and
community members
joined us in celebrating
67 minutes of volunteering
on Mandela Day—
18 July 2012

Below are photos of
several of the tasks they
assisted Nakekela Staff



The local government poses with Babette Grobler, Sister Emma, Dorcas Mathibela and Mirriam Rakwale in front of the gifts of blankets and pajamas for the patients