



# Upendo Village, NFP

Life and Hope for Kenyans Living with HIV and AIDS

The Assumption Sisters of Nairobi are building a Global Village of Hope.

## Upendo Village Update: Fall 2010

### Missionaries from Joliet, IL Diocese

The last several months have been exciting for Upendo Village (UV). In September the Diocese of Joliet construction and medical mission team made their annual two-week visit to work with the UV staff and volunteers to serve the needs of clients affected by the AIDS pandemic. During their visit the construction volunteers built 4 homes with corrugated metal roofs and walls, interior walls, windows and doors. These structures replaced houses made of mud and sticks. With a secure place to call home, these clients are now better able to maintain their health and raise their families.



A child stands outside the door to his new home built by the Joliet Diocesan mission volunteers during their visit in September.



Nurse Mary Jane Trinkus from the Joliet medical mission team assists an Upendo Village client and her baby.

The Joliet medical mission team (all volunteers) also had their work cut out for them. During their visit to UV. In just two weeks they saw over 300 patients in the UV clinic. At the nearby Naivasha

hospital, they performed 125 surgeries. One woman with a badly fractured leg had been in the hospital for four months, but could not afford surgery to repair the fracture. Thanks to the medical mission team, she and others were able to receive a new lease on life.

### School Awareness Programs

Knowledge is the best defense against AIDS. The UV staff is committed to dispelling myths about HIV/AIDS and to AIDS prevention. Between February and June the UV staff visited eleven primary and four secondary schools. They educated the students and staff about HIV/AIDS, drug abuse, human trafficking and sexual assault. They reached nearly 3,500 students. The future of Kenya depends on informed and healthy youth who can provide wise and compassionate leadership for their families, their communities and their country going forward. Upendo Village is proud to be a part of building this hopeful future.

### Income Generating Programs

On April 27th the Kenyan Agricultural Research Institute held a training session on the care of alpine dairy goats for UV clients and staff. All beneficiaries, old and new, participated. At the completion of the program, 15 clients received new dairy goats, thanks to our generous donors. The director of the Harambee project, which finances the purchase of many of these goats, was present to witness firsthand the hope that this program brings.



Alpine dairy goats given to Upendo Village clients are now having offspring, thus making it possible for more families to benefit from the program.

In May 75 clients attended a seminar on the care and raising of chickens. After a lively exchange between presenters and participants, two chicks were given to each family. Eventually, these chickens will provide eggs, new chicks and meat to support our clients' nutrition. The sale of eggs and excess chicks also allows UV clients to begin to become self sufficient in providing for their families.

### Gardens

Rains have finally come to Kenya and clients are busy harvesting beans, potatoes and peas that were planted through donations to UV.

### Mission Statement

The Mission of Upendo Village is to spread the Gospel message of love to women, men and their children, who have HIV/AIDS so that they can live with dignity, self-esteem, self-sufficiency and respect.

We are committed to networking with other agencies and providing healthcare so that our clients can enjoy a free and full life.

# Upendo is Kiswahili for Love. We are building a village of love and hope for women and their children living with HIV/AIDS in Kenya.

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President of Upendo Village  
Assumption Sisters of Nairobi

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## Web Links

[www.upendovillage.org](http://www.upendovillage.org)

**Project Harambee**  
[www.Projectharambee.org](http://www.Projectharambee.org)

**Joliet Diocese Partners in Mission**  
[www.paxjoliet.org/missions/Medical.html](http://www.paxjoliet.org/missions/Medical.html)

Gardeners now wait for the corn to mature for harvesting. One client who is a beekeeper harvested 2 kilograms of honey this season and shared some with Upendo Village. Also, thanks to the rains, 50 families have been able to plant fruit tree seedlings with the hope that one day these will produce much-needed food.

## Self-Sustenance

Thanks to the success of Income-Generating Activities, some clients are now able to pay their children's school fees. Others are able to raise enough food to provide ample nutrition for their families and no longer rely on the UV nutritional supplementation program.

Upendo Village continues to improve the health and lives of people living with HIV/AIDS. We now serve over 4,000 clients and their family members. As of June 1,528 clients were receiving antiretroviral medications. 375 people were participating in the four UV support groups. The UV clinic served over 900 people from April through July.

## Capital Campaign:

Because some clinic space must be used for staff, who provide counseling, HIV testing and social services, the clinic has not been able to accommodate the growing number of people who come for help. This year the Upendo Village board of directors is embarking on a capital campaign to raise the funds needed to complete construction of the Upendo Village complex. The multipurpose building (the Ochylski Family Center) and the Clinic are being used to capacity. **Most urgently needed is the building of the social services center and the kitchen and dining hall.** We know that all of our donors will continue to be generous to help make this dream a reality.



Sister Florence Muia, president and founder of Upendo Village, visits a client's home. The signs of malnutrition are clearly evident in the younger child, emphasizing the need for nutritional supplementation in the fight against AIDS.

## Operating Needs

In addition to our capital campaign, we continue to count on all of you, our donors, for your loving and generous support of operating needs—the ongoing Upendo Village programs and services. YOU have already changed so many lives! Many, who once knew only despair and suffering are now filled with hope and able to face the challenges of life with courage. People who once experienced AIDS as a “death sentence” now have access to antiretroviral therapy and treatment of opportunistic infections related to AIDS. They are restored to good health and hope for the future. Nutritional supplementation has enabled those infected with HIV to regain their strength to the point that they are now able to work and help support their families.

Thank you to each of you for doing what you can, even in the midst of economic crisis. Thank you for being our partners in this work of love (“upendo”) as we serve those infected and affected by HIV/AIDS in Kenya. You are transforming lives and you and we continue to reach out to those in need in whatever way we can. Together we are creating a “global village of love”—UPENDO VILLAGE !!

## Relieve Hunger / Stave off Starvation

**200 lb bag of grain/flour (3500 serving)**  
Uni Mix Flour \$141.00 (\$.04 a Serving) \*  
Beans \$107.00 (\$.03 a serving)  
Corn Flour \$60.00 (\$.02 a serving)  
\*Protein rich, life-saving porridge

## Provide Food and Potential Income: (The Harambee Project)

Chickens \$ 15.00 a pair  
\*\* Dairy goats \$ 150.00 each  
\*\* 2 ½ liters of milk daily and good breeders  
\*\*\* Solar Oven \$ 20.00 each

\*\*\*REPLACE FIRE PITS WITH SOLAR OVENS—  
SAVE TREES as fewer are burned for cooking.  
**NOW—Donate online with VISA via PAYPAL.**  
**Arrange for Automated monthly donations.**  
**See our new website: [www.UpendoVillage.org](http://www.UpendoVillage.org)**

**Please share your current email address for quick updates along the way.**

We ask your prayers for our clients, our staff and volunteers, and all who serve and for the client of Upendo Village. They and we keep our benefactors always in prayer.

Thank you for your interest and help  
Sister Theresa Langfield  
O.S.F., Executive Director