



Upendo Village Update

Life and Hope for Kenyans, Living with HIV and AIDS
The Assumption Sisters of Nairobi are building a Global Village of Love

SPRING, 2010

New Season—New Hope!

Draught and the resultant hunger have added to the suffering of those with HIV/AIDS in Kenya. Although some rain has fallen recently, it will take much more to restore harvests to normal levels and to alleviate starvation and malnutrition. The price of food has skyrocketed and Upendo Village (UV) is struggling to buy the seven grains needed to make their “miracle flour” nutritional supplement that has saved and restored so many lives. Without proper nutrition, it is impossible for their clients to maintain their immune systems to fight the AIDS virus.

Thanks to caring donors, Upendo Village continues to be able to provide services and support to those suffering with HIV/AIDS. Donations have made it possible for Upendo’s staff to provide clinic services, home based care, support groups, nutritional supplementation, HIV treatment and antibiotics for opportunistic infections.

Capital Campaign:

As the numbers of clients continues to grow,



Volunteers hand out nutritional corn, beans, and “miracle flour” to Upendo Village clients after a support group meeting. Without proper nutrition, clients cannot tolerate their anti-HIV medication.

Upendo Village’s resources are stretched to the limit. The current buildings are a blessing, but there is no office space. The staff must use three of the clinic exam rooms as offices for HIV counseling and as offices for the social worker, the children’s welfare officer and accountant. As the need for more clinic space becomes a reality, UV is now embarking on a capital



A mother and her baby struggle to survive despite poverty, homelessness, hunger and illness.

fundraising campaign. Our goal is to raise funds to build a social service center building to provide office space for critical Upendo Village services, thus freeing up the clinic exam rooms for clients’ medical needs. The second priority is fundraising for a kitchen and dining hall. Clients travel long distances to attend clinic, support groups,



Women of Upendo Village clean the dishes at the outdoor water tank, often with the scorching sun on their backs. Rain is a problem too.

academic days for the children and training days for micro-economic projects. A meal is provided



by Upendo staff before clients begin the long journey home. Meals are now cooked on a small gas stove in the Community Center and in open pits outside. Dishes are washed outside, come rain or come shine. Clients eat in the Community Center with the overflow eating outside. This limits the use of the Community Center for HIV education, volunteer training,

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=the Kiswahili word for Love. We are building a Global Village of love and hope for women, children and men living with HIV/AIDS In Kenya.

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Web Links

www.upendovillage.org
See more regarding the
Joliet Teams visit to UV at
[www.paxjoliet.org/
missions/Medical.html](http://www.paxjoliet.org/missions/Medical.html)
Harambee Project



The Upendo Village accountant assists a client in the small corner of a clinic exam room that serves as his shared office.

beadwork projects, support groups and training in other microeconomic projects. The architectural drawings are ready and we are hopeful that your generosity will enable us to begin construction soon.

Microeconomic Projects:

The first alpine dairy goats given to Upendo Village clients to supplement their nutrition and to serve as a source of income (from the sale of milk) have now begun to produce offspring. Each client agrees to donate the first female kid to UV so that they can then be given to other clients, thus making the program more expansive. Some goats have now produced more than one offspring and UV is purchasing new goats from our own clients rather than from the Kenyan Agricultural Institute. This is yet another way that the program brings income to our families.

In February, the Kenyan Ministry of Fisheries chose Upendo Village as a site for construction and stocking of a small fish pond—with hundreds of small Tilapia. This new project is being promoted by the government throughout Kenya in an effort to improve the nutritional options for its citizens by introducing new methods of food production. The Ministry paid for the construction and stocking of the pond. It is now benefiting not only our clients but the entire local neighborhood. We are grateful for the recognition of our service to the community that this new venture represents.

Solar Cookers

Over 375 solar ovens have been distributed to UV clients after instructions on their use. These ovens greatly improve ability of clients to cook in a smoke-free environment, while saving trees, otherwise used for firewood.

Baking enterprise:

Some clients are skilled at baking flat breads to sell for sale as another means of income for their families, creating independence.

Community Volunteer Training:

In March, 15 Community Health Worker volunteers (CHW) attended 5 days of continuing education. They were updated on the roles of CHWs in Home-Based Care, gender based violence, current HIV/AIDS information and the importance of HIV testing and counseling.

As Upendo Village serves the needs of over 3000 clients, we thank you, our donors, for making this ministry possible!



This solar oven is also used by Upendo Village to prepare meals for clients. As Sister Florence Muia likes to say “the sun is one thing Kenya has plenty of.”

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

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