

1 August 2009

Dear Friends and Family,

### **Hold Fast To Dreams**

First 2 Verses by Langston Hughes

Last 2 Verses by Paul Brock (My Father)

Hold fast to dreams  
For if dreams die  
Life is a broken-  
winged bird  
That cannot fly.

Hold fast to dreams  
For if dreams go  
Life is a barren field  
Frozen with snow.

Hold fast to dreams  
For if dreams slip out of  
reach  
Life is an oil soaked otter  
Dead on the beach.

But dreams held fast  
And lived each day  
Lead us to God  
And His chosen way.

This will be our last email from Maua in 2009. Over the next 3 – 4 weeks Bill and I will be so busy “trying to get out of town,” handing over work, packing, doing our day to day work, and traveling we will be unable to answer any emails. We will keep our current email address and you can reach us, we just will not have time to respond and do the necessary work. We are certainly looking forward to being with our supporting churches while in the US. We are so grateful for your support, both prayer and financial.

Our fifth team was from several Central Texas Churches, led by one of my best friends, Cynthia Rives, and her husband, Chuck, from Stephenville UMC. What a great and easy going team they were. They did lots of work – they worked on the staff flats, painted the Palliative Care building, did a VBS for over 300 children, built an AIDS Orphan’s home, created some wonderful slings and OR caps in the sewing room, went with our Giving Hope program to see some of the success stories and helped me so very much with some of my work. They also brought wonderful supplies for the hospital and helped me make my dream come true!



Central Texas Team at the Dedication of their AIDS Orphan's Home

We have known the grandmother of the AIDS Orphan’s the team built the house for since 2002. She is now completely blind and unable to pick up the food from the hospital so it is taken to her and her 9 and 4 year old grandsons house. You can see the boy’s in the center of the picture with their grandmother. When she was asked how old she was she said “About one hundred years old”. Being blind and taking care of young children would

certainly be a challenge. As you can see in the picture they have enough land for a house and nothing more.

During the week of our 5<sup>th</sup> mission work team we also had a team of 18 from North Carolina with the Giving Hope program led by Rev. Greg Jenks. We had them for dinner on Thursday night and so enjoyed meeting all of them. We also had a team of 9 for Thursday afternoon led by Rev. Dr. Don Messer, Chair, United Methodist Global AIDS Fund. They spent a short time with our Palliative Care Team (HIV/AIDS Program) and went to the AIDS Orphan’s house dedication with Cynthia’s team. Also during that week, the Palliative Care Program was being evaluated by two doctors from Britain for the Princess Diana Fund. It was a busy week for the hospital!

Our sixth team is here from Memorial Drive UMC in Houston, TX and will be leaving on Mon 3 August. They have worked on the staff flats, painted/varnished a doctor’s house, built an AIDS Orphan’s home, helped me with some work, and did a medical outreach camp. Kristie Cullum, a

pediatric hospice nurse, did an excellent teaching for both the Palliative Care Unit and the nursing staff of the hospital. This is her second time to teach here and she continues to open doors that allow us to talk about a very difficult topic, end of life care for children. After her last teaching in 2007 she asked what the staff needed help with and they told her communicating with the family. This time she focused on communication and it was so helpful.



Team from Memorial Drive UMC, Houston

We are so grateful for all the teams and what they do and what they bring and especially what they leave of themselves and what they do when they return home. Both these teams have team members and team leaders who have come before and are willing to come again. God is good!

Yesterday was one of the most special days I have had in 8 years of working at Maua Methodist Hospital and I have had many special days here. Since shortly after I arrived at Maua Methodist Hospital, I have wanted to train the nurses in turning patients to avoid the development of pressure sores.

We do well considering our resources but I had a dream of all the nursing units having US type pillows to use in the proper positioning of patients. I had been praying that the resources would come and it could happen but they never have. Then many months ago the UMW at Prosper UMC, where our daughter is a member, wanted to send pillow cases for the Pediatric Unit. The children of the church would put their hand prints and names on the pillow cases. My dream of positioning pillows began to take place. Then Cynthia Rives told me she wanted to bring my birthday present and asked what I wanted. I knew immediately I wanted her to bring plastic pillow covers. Cynthia and Dr. Susan Hillebert brought the pillow cases and Cynthia and Chuck bought and brought the plastic pillow covers. Bill and I went to Meru and bought 33 pillows (nice, soft, fluffy, washable pillows). Several women in our present team put the pillows in the plastic covers and in the pillow cases for me.

Yesterday Claudia, a mission partner from Germany and an occupational therapist, and I went to the nursing units and taught the nurses about body mechanics and turning and positioning in the 30 degree lateral position. Oh my goodness we had such a good time. First Claudia and I showed the nurses how to do the positioning and then we had them do it on each other. They had to do the positioning twice and be a patient once. Each had to be turned and positioned how we presently do it and then using the pillows and the new position. I was so excited as the nurses seemed thankful, interested and enthusiastic. We laughed and learned and had one terrific day.



Sr. Winrose & Mr. Marangu positioning Sr. Sophia



Jane Gray & Sr. Mugambe doing a great job of positioning Nurse Gacheri

We arrived in Kenya on Feb 14, 1998. On 31 July 2009 my dream came true thanks to many people in many places and a wonderful God who puts things together at just the right time. He seldom acts according to my time line but he is always "on time." Thank you Prosper UMW, Cynthia and Chuck Rives, Bill, Susan Hillibert's team and Michael Hick's team for helping me with my dream.



Sr. Jerri working with Mr. Muriuki & Mr. Kamande positioning Nurse Wokuthii

Maua certainly needs your prayers. The drought, hunger and starvation continue to affect so many lives in Maua and the area. We have not had rain in sometime and our Mboone River is drying up. Unless we get some rain, and Aug and Sep are normally dry, hot months, Maua Methodist Hospital will have the only water in town by late Aug or

early Sep. I have seen so many hungry and malnourished children and adults, so much suffering and it will only get worse until after the rains in Oct – Dec and time to harvest the crops which would be Feb 2010. I am asking that you pray and when God directs you to help that you be obedient. In my praying I have given up one meal a day until the children in this area have more than one meal a day to eat. The money I save will go to the Malnutrition Ministry here. I do find I pray so differently when I am hungry than when I am not.

We hope to see many of you that live in the 4 states and 7 UMC conferences where we are supported and able to speak. We are hopeful to return to Maua for 2 more years. We are so grateful for your support; financial, prayer, encouragement, kindness and love, and so thankful to God for the opportunity to work here and serve His people. Please pray for us as we finish our work and hand-over, travel and share our thanks and stories of our work and the wonderful people we serve. PLEASE don't stop praying for Maua Methodist Hospital.

In His grip,

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"Contentment consists not in great wealth, but in few wants" Epictetus