

# **AHNA Mission Trip Proposal**

## **Prepared For AHNA Philadelphia Area Network**

### **Summer of 2011**

This proposal is respectfully submitted to the Philadelphia Area Network of the American Holistic Nurses Association November 9, 2009 for consideration by its members.

**Overview** – HIV and AIDS has had a devastating impact on the country of South Africa as evidenced by widespread poverty, broken families and a rising number of children orphaned by AIDS. According to data gathered by UNAIDS and WHO 5.2 million people of South Africa were infected with HIV and AIDS in 2008, more than any other country and as many as 250,000 people died of AIDS last year. In May 2009, I traveled on a mission trip to Potchefstroom, South Africa with the Hopewell United Methodist Church of Downingtown, Pennsylvania. This remarkable experience touched my heart as a holistic practitioner in a very personal and life changing way that one can only understand but by sharing in such an experience. Holistic nurses who understand the concepts of wholeness and spirituality in healthcare have a unique opportunity to embrace and to offer hope to those suffering in South Africa and to enrich their own lives through service to the global community. Mission travel offers the opportunity for holistic practitioners to grow in a further sense of:

- Leadership
- Spiritual response to poverty
- Beauty of creation
- Community building
- Personal appreciation of God's blessings and grace
- Collaboration, teamwork, and belonging
- Respect for others
- Stewardship

In addition to growing personally, the holistic nurse will undoubtedly benefit professionally through participation in a mission to South Africa where endless opportunities are available for health promotion and public education.

**Hope for Communities in Need** - Following are several examples of important relations that have been established by the Hopewell United Methodist Church in Potchefstroom, SA. Each is a viable contact that provides a safe environment for holistic nurses to offer love and to facilitate healing of communities in need.

1. **Ikageng Daycare Center for the Aged:** This daycare center exists to give elderly women in the Ikageng Township a safe place each day to share meals together and receive training in cooking, gardening, and sewing. While many of these women struggle with their own physical and sometimes mental ailments, they also provide loving care for other elderly women in the community.
2. **Hope Village:** Meyer and Louise Conradie, a young South African couple, are making great strides toward the vision of building a "hope village" near Ikageng. Utilizing land donated by the local city council, the village will eventually feature over 100 homes, a community center, and employment opportunities for residents, a preschool, and garden. The homes will be given to families who are not only raising their own children, but other children orphaned by AIDS. Job training and education will be provided to the adults.

3. **Promosa Hospice:** Promosa Hospice is the only hospice in the Potchefstroom area specifically for children living with AIDS. Promosa provides hearty meals, loving care and a safe, clean environment for these little ones to socialize and play. Importantly, the Hospice also provides relief for the caregivers of these children, most of whom live with their grandmothers, having lost their parents to AIDS.
4. **Sparrow Village:** It is the mission of Sparrow Ministries to provide care and comfort to adults and children who have been infected or affected by the HIV/AIDS pandemic. Sparrow Village is both a Hospice for the terminally ill and a Children's Home for those vulnerable children who have become homeless due to the death of one or both of their parents. The ministry in Sparrow Village is one of health and hope.

Personal contact with communities in need reaches deep within one's soul and touches the essence of one's being as is seen in the story of the founder of Sparrow Village.

*Sparrow was founded by Rev. Corine McClintock in 1992. After a long and successful career as a nurse, Corine needed something else in her life. She asked God to show her a path. It was no coincidence that the reality of AIDS was becoming more and more evident just at the time that Corine was searching for her next challenge. She took in three men who were dying of AIDS. She provided them with care, comfort and support. Before too long, she realized what she must do and founded Sparrow Ministries. Since that time, Sparrow has grown to an organization that currently cares for over 225 children and 80 adults.*

### **Collaboration with Nursing Educators**

1. **The School of Nursing Science of the North- West University (Potchefstroom Campus)** situated in the North-West Province in South Africa provides education and training of international standards to both undergraduate- and post-graduate students. The School of Nursing Science views itself at the doorstep of international opportunities. We are daily persevering in a task of not only academic excellence but also research excellence. The School is not only an academic and research domain, and also proud to claim that we play an integral role in the services of our community. <http://www.nwu.ac.za/nwu/index.html> and [http://www.puk.ac.za/fakulteite/gesond/verpleegkunde/index\\_e.html](http://www.puk.ac.za/fakulteite/gesond/verpleegkunde/index_e.html)

**Opportunities to Sightsee in South Africa** – Several opportunities are available to have new and interesting experiences.

1. **North West Province South Africa** – The North West Province of South Africa is bounded on the north by Botswana, on the south by the provinces of Free State and the Northern Cape, and on the northeast and east by the Limpopo Province and Gauteng. Covering 118,797 sq km (45,869 sq miles), the North West Province was created in 1994 by the merger of Bophuthatswana, one of the former bantustans (or black homelands), and the western part of Transvaal, one of the four former South African provinces. <http://www.tourismnorthwest.co.za/> and <http://www.tourismnorthwest.co.za/DestinationNW.pdf>

2. **Potchefstroom** is the first town and capital of the former Transvaal Republic which has retained much of the charm of its early years, in contrast to the frenetic bustle of Johannesburg and the brashness of other newer centers. Potchefstroom has developed into a leading city in the province and the country. The town's industries include South Africa's only chalk factory and one of the largest organ factories in the country. Today, the City of Potchefstroom combines a strong agricultural economy with a friendly, buzzing community and university life and a generous hospitality.  
<http://www.tourismnorthwest.co.za/southern/potchefstroom.html>
3. **Pilanesberg Game Reserve** is in the Bojanala Region of the North West Province, adjacent to Sun City. Set in the crater of a long extinct volcano, the Park ranks among the largest of the parks in South Africa (it is in fact the fourth largest park) and covers an area of 55,000 hectare. The beauty of Pilanesberg is reflected in a large central lake, the Mankwe Dam. The park offers a spectacular landscape with rocky outcrops, open grasslands, wooded valleys and thickets and accommodates virtually every mammal of southern Africa including the *Big Five*.  
<http://www.pilanesberg-game-reserve.co.za/index.html>
4. **The Apartheid Museum** opened in 2001 and is acknowledged as the pre-eminent museum in the world dealing with 20th century South Africa, at the heart of which is the apartheid story.  
[http://www.apartheidmuseum.org/HTML\\_APM/shortstory.html](http://www.apartheidmuseum.org/HTML_APM/shortstory.html)
5. **Outdoor Flea Market** - Be prepared to barter, for it is the way of life here. Definitely the vendors in the stalls are great to deal with, but can be quite persistent. Each stall carries a wide variety of African items, from artwork to zebra wood carvings and from "Zulu" tribal reproductions to African metal works or stone carvings.

## Itinerary –

### Day 1: Morning

- Gather at Hopewell Methodist Church, Downingtown, Pa <http://www.hopewellumc.org/>
- Travel to Dulles, DC
- Depart US to South Africa (18 hour flight)

### Day 2: Evening

- Arrive in Johannesburg, SA
- Travel by bus to Potchefstroom <http://www.tourismnorthwest.co.za/southern/potchefstroom.html>
- Check into Akkerlaan Guesthouse and settle into rooms <http://www.akkerlaan.co.za/>
- Light welcome dinner
- Brief orientation and instructions

### Day 3:

- Breakfast at Akkerlaan Guesthouse (Buffet served at 6:30am)
- Depart for *worksites* 8:30am
- Tour worksites and meet South African friends
  - Hope Village [http://www.hopevillage.co.za/about\\_us.html](http://www.hopevillage.co.za/about_us.html)
  - Ikageng Day Care for the Elderly
  - Amaphelo Crèche/Promosa Hospice [http://www.hopevillage.co.za/about\\_us.html](http://www.hopevillage.co.za/about_us.html)
- Lunch delivered to worksite
- Conclude workday at 4:00pm
- Return to Akkerlaan Guesthouse
- Dinner at Akkerlaan Guesthouse in Café (Buffet offered by *Garnish* and served at 6:30 PM)
- Spiritual reflections in Cafe
- Retire

### Day 4:

- Breakfast at Akkerlaan Guesthouse (Buffet served at 6:30am)
- Worship at Potchefstroom Methodist Church
- Depart for Pilanesburg Game Reserve <http://www.pilanesberg-game-reserve.co.za/>
- Apartheid Museum in Johannesburg <http://www.apartheidmuseum.org/>
- Lunch bagged and offered by *Garnish*
- Settle into Pilanesburg Safari Lodge
- Evening game drive
- Dinner – African Braai (BBQ) at the camp
- Personal spiritual reflections and journaling
- Retire

### Day 5:

- Sunrise game drive
- Breakfast at Pilanesburg Game Reserve Cafeteria
- Depart for Potchefstroom, SA
- African Market along the way
- Lunch bagged and offered by *Garnish*
- Sparrow Village (village for orphans of HIV/AIDS) <http://www.sparrowvillage.co.za/>

- Return to Akkerlaan Guesthouse
- Dinner at Akkerlaan Guesthouse in Café (Buffet offered by *Garnish* and served at 6:30 PM)
- Spiritual reflections in Cafe
- Retire

**Day 6:**

- Breakfast at Akkerlaan Guesthouse (Buffet served at 6:30am)
- Depart for *worksite* 8:30am
- Lunch delivered to worksite
- Conclude workday at 4:00pm
- Return to Akkerlaan Guesthouse
- Dinner at Akkerlaan Guesthouse in Café (Buffet offered by *Garnish* and served at 6:30 PM)
- Spiritual reflections in Cafe
- Retire

**Day 7:**

- Breakfast at Akkerlaan Guesthouse (Buffet served at 6:30am)
- Depart for *worksite* 8:30am
- Lunch delivered to worksite
- Conclude workday at 4:00pm
- Return to Akkerlaan Guesthouse
- Dinner at Akkerlaan Guesthouse in Café (Buffet offered by *Garnish* and served at 6:30 PM)
- Spiritual reflections in Cafe
- Retire

**Day 8:**

- Breakfast at Akkerlaan Guesthouse (Buffet served at 6:30am)
- Depart for *worksite* 8:30am
- Lunch delivered to worksite
- Conclude workday at 4:00pm
- Return to Akkerlaan Guesthouse
- Dinner at Akkerlaan Guesthouse in Café (Buffet offered by *Garnish* and served at 6:30 PM)
- Spiritual reflections in Cafe
- Retire

**Day 9:**

- Breakfast at Akkerlaan Guesthouse (Buffet served at 6:30am)
- Depart for *worksite* 8:30am
- Lunch delivered to worksite
- Conclude workday at 4:00pm
- Return to Akkerlaan Guesthouse
- Dinner at Akkerlaan Guesthouse in Café (Buffet offered by *Garnish* and served at 6:30 PM)
- Spiritual reflections in Cafe
- Retire

**Day 10:**

- Breakfast at Akkerlaan Guesthouse (Buffet served at 6:30am)

- Depart for *worksite* 8:30am
- Lunch delivered to worksite
- Conclude workday at 4:00pm
- Return to Akkerlaan Guesthouse
- Dinner at Akkerlaan Guesthouse in Café (Buffet offered by *Garnish* and served at 6:30 PM)
- Spiritual reflections in Cafe
- Retire

**Day 11:**

- Breakfast at Akkerlaan Guesthouse (Buffet served at 6:30am)
- Worship at Potchefstroom Methodist Church
- Depart for Johannesburg Airport
- Lunch bagged and offered by *Garnish*
- Depart South Africa to US in afternoon (18 hour flight)

**Day 12:**

- Morning - Arrive in Dulles, DC, USA
- Travel by bus to Hopewell Methodist Church, Downingtown, Pa
- Reunite with family and friends
- Prayers and Goodbyes

## **Estimated costs per person – \$2500.00 USD**

**Responsibilities of Mission-in-Residence** - Jennifer Lisowski leads the mission and tours in South Africa. She is the mission-in-residence for Hopewell United Methodist Church and lives in Potchefstroom, SA. Jennifer will therefore be in South Africa prior to group's arrival and will remain until the group departs.

- Maintain accessibility for communications among UMC ministers, participants and families by means of meetings, discussions, phone, and e-mail.
- Direct group reflections with collaboration from UMC ministers.
- Advise and coordinate on travel/worksites issues.
- Provide safety/health instructions and encouragement.
- Run errands before group's arrival in Potchefstroom, support group needs at worksites, coordinate meals, entertainment, and logistics.
- Be creative and flexible in case of unforeseen circumstances and issues to be resolved.

## **Responsibilities of Group Leaders of Hopewell United Methodist Church**

- Schedule and host pre-trip planning meetings.
- Schedule and host post-trip follow-up reunion.
- Screen participants for appropriateness to participate.
- Provide vans and drivers as needed.
- Provide ministers who will supervise the participants in compliance with policies and regulations.
- Provide fees as estimated above per each person participating plus group meals and activities.
- Reserve rooms at the guesthouse in the church's name.
- Share group leaders' cell phone numbers (at least one per van) with UMC personnel.
- Assist participants in "phoning home" and in use of the Internet as needed.
- Keep tabs on participants' medical and special needs, communicating these to group leaders as needed in a timely fashion.
- Be creative and flexible in case of unforeseen circumstances and issues to be resolved.

## **Responsibilities of Participants**

- Commit to teamwork and cooperation.
- Work side-by-side with the local people.
- Be safety conscious, especially on work sites.
- Be candid regarding health and medication needs, allergies, etc.
- Play with children in the community.
- Respect others and look those directly in the eye...smile.
- Show gratitude.
- Show the people of SA how they contribute to our spiritual health.
- Participate fully:
  - Meeting and connect with new friends.
  - Preliminary planning meetings.
  - Group work projects.
  - Fund-raising activities.
  - Prayerfully considering spiritual questions and journaling.
  - Representing church and families in the image of Christ.
  - Bring clothing and toiletries as needed.

## Proposed timeline - sequence of steps

1. Meeting of AHNA Philadelphia Area Network upon acceptance of mission proposal  
Date: \_\_\_\_\_
  - Create a team of potential participants
  - Choose group leaders for the team
  - Assess team's greatest areas of expertise – what we have to offer
  - Establish team's focus of community service in Potchefstroom, SA
    - Educate the public in health and wellness
    - give Reiki
    - care for elderly in the community
    - support infirmed in hospital wards
    - empower underprivileged students
    - financially support potential nursing students
  
2. Meeting of AHNA Philadelphia Area Network with Hopewell United Methodist Church.  
Date: \_\_\_\_\_
  - Plan dates for mission travel
  - Estimate number of participants
  - Discuss both AHNA and Hopewell UMC mission and visions
  
3. Meeting of AHNA Philadelphia Area Network  
Date: \_\_\_\_\_
  - Present mission objectives and preliminary work details
  - Preliminary commitments
  - Discuss costs and fundraising
  
4. Meeting of Hopewell UMC ministers and potential participants  
Date: \_\_\_\_\_
  - Present mission objectives and work details
  - Questions and answers
  - Update participant census
  
5. AHNA Philadelphia Area Network  
Date: \_\_\_\_\_
  - Ongoing fundraising
  - Coordinate attainment of supplies for distribute in SA
  - Confirm participant's passport status
  - There are no vaccinations required
  - Advice on packing and travel
  - Suggest packing list
  - Advice on dealing with long distance flights
  - Cultural awareness of South Africa
  
6. Pre-trip Planning Meeting of Hopewell UMC ministers and potential participants  
(60 days before departure includes UMC ministers and participants)  
Date: \_\_\_\_\_
  - Project and travel details
  - Review of airline tickets for accuracy
  - Review of room assignments
  - Distribute important contact information
  - Participant's to-do list

- Question and answers

7. Travel and serve others as planned

Date: \_\_\_\_\_

Hopewell UMC and AHNA Post-trip reunion and reflections 10-14 days after arrival home

Date: \_\_\_\_\_

Issues to follow-up:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_