

Proposal for Healing Outreach in South Africa Prepared For AHNA Philadelphia Area Network Spring of 2011

This updated proposal is respectfully submitted to the Philadelphia Area Network of the American Holistic Nurses Association September 13, 2010 for consideration by its members.

Recently, interest has been expressed by Goshen Friends School (GFS) in collaborating with the American Holistic Nurses Association (AHNA) to build a team of participants to travel to South Africa during the Spring Break of 2011, March 25th through April 4th. The primary advantage of this change is the strength in our commitment to support education and health in South Africa with more participants including teachers and parents. The combined teams' physical tasks would focus on building both a school for the preschool children and more foster homes for those orphaned by AIDS in collaboration with Mosaic, a non-profit organization in South Africa. There would no longer be immediate reliance on The Hopewell United Methodist Church although their support and prayers would be ongoing.

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 keenly understand the concepts of caring, healing and transforming have a unique opportunity to embrace and to offer hope to those suffering in South Africa as well as enrich their own lives through service to the global community. Global outreach offers the opportunity for holistic practitioners to grow in a further sense of:

- Leadership
- Co-creation
- Holistic response to poverty
- Personal appreciation of blessings and grace
- Respect for others
- Collaboration, teamwork, and belonging
- Community building
- Stewardship

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

Hope for Communities in Need - Following are several examples of important relations that have been established in Potchefstroom, South Africa on previous outreaches. 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. [HUMC SA 2009 Ikageng Daycare Center 1](#)

2. **Mosaic formerly Hope Village:** Mosaic is a registered non-profit organization and operates in Ikageng, the informal settlement of Potchefstroom. Mosaic was founded by Meyer and Louise Conradie in 2009. With the staggering AIDS-orphan figures in South Africa, they realized it is their duty, as Christians, to do something tangible about it. Mosaic aims to enhance the living circumstances of AIDS-orphans through taking a holistic approach on sustainable development.

Meyer and Louise have visited many other NPO's working with orphaned and vulnerable children all over the country. With the knowledge they have gathered, they came up with a sustainable way of taking care of AIDS-orphans in South Africa. They have seen that so many families in the townships are already taking care of orphans, despite their absolute impoverished circumstances. The need to improve the circumstances of these caretakers to in turn improve the living conditions of the orphans themselves seemed like the inevitable thing to do.

<http://www.mosaicsa.org/>

3. **Mosaic Preschool/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 who live with their grandmothers, having lost their parents to AIDS. http://www.hopevillage.co.za/about_us.html and <http://www.mosaicsa.org/social-development>
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. <http://www.sparrowvillage.co.za/>

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. 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

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
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 woodcarvings and from "Zulu" tribal reproductions to African metal works or stone carvings.

Itinerary –

Day 1: Morning

- Gather at Goshen Friends School, West Chester, Pa <http://www.goshenfriends.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 *worksite* 8:30am
- Tour worksites and meet South African friends
 - Mosaic SA <http://www.nwu.ac.za/pc/index.html>
 - Ikageng Day Care for the Elderly [HUMC SA 2009 Ikageng Daycare Center 1](http://www.humc.org.za/ikageng/daycare/center1)
 - Mosaic Preschool/Promosa Hospice <http://www.mosaicsa.org/social-development> and 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)
- Personal spiritual reflections and journaling
- Retire

Day 4:

- Breakfast at Akkerlaan Guesthouse (Buffet served at 6:30am)
- Optional worship at Potchefstroom Methodist Church
- Depart for Pilanesberg Game Reserve <http://pilanenberggamereserve.com/home/index.php>
- 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)
- Personal spiritual reflections and journaling
- 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)
- Personal spiritual reflections and journaling
- 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)
- Personal spiritual reflections and journaling
- 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)
- Personal spiritual reflections and journaling
- 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)
- Personal spiritual reflections and journaling
- 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)
- Personal spiritual reflections and journaling
- Retire

Day 11:

- Breakfast at Akkerlaan Guesthouse (Buffet served at 6:30am)
- Optional 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
- Blessings and Goodbyes

Estimated cost per person – \$2500.00 USD

Responsibilities of South African contacts: Jennifer Lisowski is the mission-in-residence for the Hopewell United Methodist Church and Meyer and Louise Conradie are the founders of Mosaic South Africa.

1. **Jennifer Lisowski** graduated from Eastern University in St David's, Pennsylvania with a degree in Youth Ministry in 2007. She is our lead contact and support in South Africa. As the mission-in-residence for Hopewell United Methodist Church she lives in Potchefstroom, SA. Jennifer will therefore be in South Africa prior to our group's arrival and will remain after the group departs.
2. **Meyer Conradie** finished his degree in social sciences at the North West University in July 2008. During the course of his studies Meyer took part in many local community outreaches and community development projects.
3. **Louise Conradie** finished her degree in social work at the North West University in 2008 and was nominated as the best social work student in the country. During her internship, as part of her studies, Louise gained a lot of experience in working with AIDS infected and affected persons in informal settlements.
 - Maintain accessibility for communications among participants in the AHNA outreach and families by means of meetings, discussions, phone, and e-mail.
 - Advise and coordinate on travel/worksites issues.
 - 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 AHNA's name.
- Share group leaders' cell phone numbers (at least one per van) with SA contacts for collaboration.
- Assist participants in "phoning home" and in use of the Internet as needed.
- Monitor 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.
- Direct group reflections.
- Provide safety/health instructions and encouragement.

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 - 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 the American Holistic Nursing Association
 - Bring clothing and toiletries as needed

Proposed timeline - sequence of steps

1. Meeting of AHNA Philadelphia Area Network upon acceptance of updated healing outreach 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 Goshen Friends School.

Date: _____

- Plan dates for healing outreach travel
- Estimate number of participants
- Discuss both AHNA and Hopewell UMC mission and visions

3. Meeting of AHNA Philadelphia Area Network

Date: _____

- Present healing outreach objectives and preliminary work details
- Preliminary commitments
- Discuss costs and fundraising

4. Meeting of AHNA and GFS leaders and potential participants

Date: _____

- Present healing outreach 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 AHNA and GFS leaders and potential participants
(60 days before departure)

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: _____

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

Date: _____

Issues to follow-up:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____