

Volume 3 Issue 2
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HOPE 4 KENYA!

Moving Forward!

***HOPE CAN
CHANGE A
LIFE!***

HOPE 4 KENYA, INC (H4K) began 2024 with preparing the Higher Ground Mission House to receive the first guests. Planning was for the team to come in the fall and the date was set for October 1-14, 2024. Zoom calls began with the team once a month to discuss issues, needs, schedules and events for the trip. After the dates were set, reservations were made to accommodate the housing, events and safari needs.

Events the first team will participate in completing! H4Ks primary goal is always to support the vulnerable populations with food and supplies they would otherwise not be able to obtain for their health and well-being. Children out of school, single mothers, and grandmothers supporting the youth leave little room in the budget for the “niceties.” H4K provides the ability for youth unable to attend school with uniforms, supplies and scholarships to attend school and build a future. Working with Special Needs groups is always a priority.

With our goals in mind, the following projects were discussed, and planning began:

- Food distribution
- Special Needs assistance
- AIDS/HIV Group
- Sanitary Pads
- Scholarships
- Domestic Violence Center

Our TEAM: We named the team Hillary’s Mission 2024. Hillary is the daughter of a good friend who has been my roommate on many trips to Kenya. She has a love for Kenya and the Kenyan people that she has instilled in Hillary. Hillary put together a team of (4) persons including herself, Patricia, California, Rachelle, Virginia, and another friend who had to leave the team. This person was replaced with two friends from Boston, Massachusetts, Gina and Betty.

This great group of ladies included (2) nurses, (1) physical therapist, (1) special needs care giver and (1) business owner for federal grants. They were AMAZING. They connected with the community, individual members of the community and every special needs and vulnerable elderly individual we met. I could not have asked for a better group for our first team. Thank you ladies!



And the king shall answer and say unto them, Verily I say unto you, in as much as ye have done it until one of the least of these my brethren, ye have done it unto me.
Matthew 25:40

During our October missions in Nakuru, we were able to touch over 250 elderly and special needs persons in our community.

- **Medical Support** – Although not a specific medical mission trip, medical is always on the mind of our team members. We support where we see the need. For example, one of the members of the AIDS group had been having issues with gastric bleeding, but unable to seek treatment due to funds. H4K worked with her mother Catherine to arrange clinic visits, treatment, and medications. Ann has returned to school and is doing well. During one of our food distribution events, we were approached by a mother with a young child who had an unknown problem in her mouth with feeding. Our nurses examined the issue and found a tongue-tie in his mouth. H4K was able to support Samuel with clinic visits. It was nice to have a previous H4K friend Susan, who is trusted, who assisted Samuel’s mother with appointments, return receipts for treatment, medication and follow-up care.
- **Food Distribution** –Regardless of the time of year, food distribution is always an issue with the vulnerable, elderly and special needs populations. This year H4K was able to provide food supplies to 250 families throughout the 5 wards in Bahati Constituency. The events were organized by Community Leaders who assisted with location and family selections to assure that the most vulnerable were provided with support. Items included rice, beans, oil, salt, sugar, flour and soap. The recipients were very appreciative to receive the supplies and we were pleased that we could provide.
- **Israel Faith Children’s Home** – H4K has been supporting the Children’s Home since the beginning, but this year the need was great. Mama Grace now has 104 children in her care age 3 to 19. The children are always excited to see the volunteers come, and we have a wonderful day of food, fun, games, and laughter. This year, we provided additional supplies including rice, beans, toilet paper, salt, sugar, soap, oil and cloths to the center. It was a great day, and everyone had plenty of food and fun games after to work off the food.



Israel
Faith
Children
Home

May the God of hope fill
you with all joy and
peace in believing that ye
may abound in hope,
through the power of the
Holy Ghost.
Romans 15:13

Special Needs Groups

I have always loved withing with the special need populations. These children are filled with love to give and a desire to be loved and accepted in return. H4K has been working with several special population groups for several years and they are always eager to have the teams visit and share love. This team was no exception, they were great!

- **Malaika Initiative for Children with Disability:** When Mama Malaika 's granddaughter became ill and the hospital told her that the child would not live, Mama became a champion for children with disabilities. She was determined to help and began to look for diet and physical therapies to support her granddaughter. This led to the Malaika Initiative. She has worked to support those in the community that were also dealing with children's disabilities. She works out of a small building behind the church, has one physical therapy worker, and provides food and diapers for the families when at the center. What started with one child has expanded to 35 families. H4K has been there and supported the families with food distribution, diapers, cleaning supplies and wheelchairs when needed. Thank you to Mama for giving her heart to these precious "Angles" (Malaikas)
- **Hope for Families:** Daniel has been a champion for special need children ever since I have known him. Hope for Families operates a special need center, provided medical evaluations, and medications, physical therapy and a a beading class for the mothers when the children are in treatment. This not only is a great outlet for the mothers, but provided them a skill that they can use to earn extra funds to support the family. H4 K has also supported the mothers with food distribution, diapers, and supplies. God blesses our mothers that put their lives into caring for these precious children.
- **Lanet Primary Special Needs:** Unfortunately, Kenya has an inferior support system for special needs persons. However, Lanet Primary runs a very fine school for special needs. With various levels of life skills, the children can manage a small life skill and then move to a higher level. The teachers are wonderful with them and always have their hands full. H4K provided the 75 families with food distribution, diapers, and supplies. The team also provided supplies are the classrooms and spent some quality time with the children. This team was all in with the activities
- **Emily Martin Domestic Violence Center:** Not specific for special needs, the Emily Martin Domestic Violence Center supports abused, neglected, and vulnerable girls who are pregnant and unable to return to their families for a variety of reasons. During our visit, the team prepared gift bags for the eleven babies and their mothers. The center provides a loving, spiritual environment for the girls, but the niceties are not in the budget. The team provided blankets, baby items such as pacifiers, small toys, and diapers.

Special Needs Projects

Hope for Families



Domestic Violence Center



Lanet Primary Special Needs Class

Malaika Initiative for Persons with Disabilities

No trip is complete without a visit to the ladies of the high schools in Nakuru County. Menstruation challenges are a major issue for young girls in Kenya. The ability to purchase sanitary products leaves girls unable to attend school and a high dropout rate is the result. H4K is only one of the non-profits that attempt to fill this gap. To that end, the October 2024 team provided pads for 500 girls in school. They are always grateful for the support and H4K is always happy to provide them.



Magical Kenya

No trip to Kenya is complete without a Safari. This was the first trip for many of the team and this means the Massai Mara. This park is one of the most popular in Kenya and during the wildebeest migration, one of the top 10 destinations in the world. Unfortunately we were not there for the large migration, but there was still plenty of sights to see.



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