

E-MAIL: byohelp@netconnect.co.zw

Greetings Friends of BHN,

In this issue please find:

- a report on our fundraising for 2013
- “Christmas is coming” appeal
- Di Charsley writing about the Retirement Homes and the Medical Fund
- Treasure Pleasures
- Verity Mundy writing about some dilemmas of growing old in Bulawayo
- A list of our donors and supporters

We want to express our thanks to the Bulawayo community for all their generosity and community spirit over the last year. The increasing list of people who contribute either with their time or material things is humbling and makes this work inspirational.

Sincerely
Senator Mike Carter

Report on Fundraising in 2013

Our fundraising was very busy in the first half in 2013. We had a Gala Night for “Time of our Life 2013” at Bulawayo Theatre and a Wacky Golf Day at **Hornung** Park Golf Club. The Raffle was the key effort and we achieved our target of \$20 000 for BHN. The incentivized plan for the retirement homes to sell tickets worked well and \$7000 went directly into their coffers. We also managed to pass on \$1000 to both SOAP and SCS. The most interesting aspect was the ticket sales of \$7000 in Australia. The Medieval evening completed our fundraising efforts for the year and was an evening to remember and which has ensured we fulfill our commitments to our beneficiaries in 2013.

The effort required by the team to put all these events in place was monumental and we will not repeat this approach as it has detracted from our core business.

We will however hold one major fundraiser in 2014 .Look out for a Medieval Fair in June 2014, which we will jointly organise with The Academy of Music and Alliance Francaise.

Christmas is coming

Dear friend of Bulawayo Help Network and all other caring citizens of Bulawayo.

We are fast approaching Christmas which traditionally is a time of caring. We encourage you to join with BHN as we seek to ensure that as many pensioners as possible enjoy something special at Christmas.

There are a number of pensioners in their private homes whom we help. Mrs Jan Marillier will be responsible for distributing donations to them. There are also the poorer retirement homes namely Ralstein House, Entembeni, Ekuphumuleni and Bartley Block whom we will support with this initiative. Mrs. Di Charsley will ensure donations are evenly spread out.

The other retirement homes receive outside support at this time of year and have the capacity to give something extra.

You will become aware of bins placed in a number of supermarkets into which you can place items for consumption. There are also “Hungry Mouths” waiting for your cash donations.

If you feel you have the capacity to give more, please make out a cheque to BHN or you can make a bulk donation.

As always BHN will be accountable to the Bulawayo public with donations received and distributed from this initiative.

Thank you for your attention and generosity

Retirement Homes

The retirement complexes are finding it increasingly difficult to budget. Donations have dwindled and because most residents lost their income and their pensions, they are dependent on sponsorship, either from family members or from charities such as BHN. These sponsors are unable to increase their level of contribution and so a ceiling has been reached as far as fees are concerned. All the while the cost of running these homes continues to increase. For example, by the time the BHN contributions for October came for one home, the administrator had \$48 left in the bank and had to rush out and buy credit for electricity before it run out.

Emergency Medical Fund

Medical payments have been mainly for people with chronic illnesses who needed stabilisation. We have helped 80 people in 9 months with a total of just under \$22K. One example of the decisions we have to make is illustrated: “We managed to find funding for a woman with breast cancer to have four sessions of chemotherapy in order to shrink the tumour before it will be removed. She is being treated at Mpilo Hospital since we have no funds for major surgical procedures.”

EMF analysis 2013

	People	hosp	drugs	physio	dental	tests & xrays	surgery	cons	specs	Ambulance	consult	Total
Jan	4	336	534				650	336		15	130	2001
Feb	9		222		40	214	1000	376	88	40		1980
Mar	9	3070	162	1060	20	88	4293			20	80	8793
Apr	8	695	46			510			66	64		1381
May	10	530	726			496				15	40	1807
June	5	75	528.5		80					120	25	828.5
July	14	931	25	20	1075	388.00	350	173		25	118	3105
August	13	405	25	80	30	521			65	110	25	1261
Sept	8	227	47	40		184				48	25	571
Total	80	5637	2244	1080	1215	1696	6293	885	154	299	393	21727.5
Ratio	26	10	5	6	8	29	4	1	1	2		

Treasure Pleasures Charity Shop

Flora Eley and her team of volunteers continue to run the Charity Shop one day a week and between January – September have raised a phenomenal \$12,746. These funds have provided an essential top up to fees at the retirement homes (see section above on the state of the homes) as well as paying for those things required of old age to keep some degree of dignity: adult nappies, new spectacles, dental care and dentures, physiotherapy, chiropody, and several medical emergencies.

Without this fund and the extraordinary commitment, energy, flair and dedication of Flora and her team, Bulawayo pensioner’s lives would be that much worse off.

THE DAUGHTER TALK

"Age is not for sissies", so one of the 1950s glamour girls is reputed to have said in her latter years, and it's true. Ageing is a huge challenge, particularly in a country where we have always coped. Coped with sanctions, the struggle for independence, fuel shortages, food shortages, trillion dollar inflation, and children leaving for greener pastures. We are a nation of "copers" so when our coping mechanisms no longer cope, it's highly disconcerting. We are not used to being cared for or have others taking over our lives.

Of course, this makes it difficult for family and friends of the ageing person who is visibly not coping but simultaneously resisting all offers of help and advice.

I now have "The Daughter Talk" which I could say in my sleep and probably has little effect but it goes something like this:

DAUGHTER: So Mum, how are you doing?

MUM: I'm fine, just fine. Although I had a big problem when the geyser element stopped and it took forever to get a spare. Then of course the neighbour's tree fell over onto my carport roof and I can't get him to fix it. It's very stressful.

DAUGHTER: So do you think it's time to downsize and not have to worry about all the maintenance of a big property and house?

And then come the most intriguing string of reasons as to why Mum can't possibly leave her big, stressful, rundown old family house, and they sound something like this:

It would be so noisy with neighbours right next door (and this coming from a particularly deaf Mum),

Or

I'm very independent you know.

Or

It would cost me more to live in a complex than if I just stay here.

It behooves all of us to approach our old age with a degree of rationality and forward planning but in reality underneath all the excuses for not moving, not downsizing are layers and layers of FEAR. Fear of change and of the unknown.

Like most things in life, it's all about timing. In our experience, people should have a plan, a decision or even made the move no later than 70 years old at which age, they still have the capacity to make decisions and choices and remain in control of the process. Once you get to 80years it's pretty much too late as the thought of packing up and moving becomes increasingly overwhelming in the face of diminishing capacity. We have to tread gently with our parents, relatives, friends and selves but avoiding the issue is not an option either. GOOD LUCK!

A HUGE THANK YOU to our ever increasing regular partners and donors:

- **Boetie York, Bulawayo Abattoir, Montana Meats, Mac Gloss:** Supplying Meat to the retirement Homes
- **Netconnect** providing free services
- **Dimitri Goremykin, Farley Funeral Services, John McMin, Mater Dei Hospital, Margran Clinic** offering discounted services
- **Dr Kovalenya, Dr Magara, Imara Asset Management, Plus Two Pharmacy, Tony's Dental Technician, Prof Feliu, Dr Malango, Dr Sarkis Plus Two Pharmacy** Supporting the Medical Fund
- **Donors:** The Lowe family, Jacaranda House Trust, Safeguard Security, Flora Eley and Volunteers at Treasure Pleasures, Liza Rosenfels and her team, Enid and Leslie and their cast at Bulawayo Theatre, Cheeseman, CompuPro, Comp-u-plus, Tregers, Ecobank, Charles Wawn, Acacia Insurance, ACOL, Associated Business Forms, Auto Tune, Banff Coffee Café, Be Creative, Bonsar Spar, Judy Carter, Cattleman, Chase Marine, Bruce Clark, Dave and Dinah Duff, Directory Publishers, Drums of Peace, The Dudman family, Ernst and Young, Fast Fit, Forster Irrigation, FSC-Ray Louw, Fuel and Liquor Supplies, GC Tyres, Guard Alert, Jabula Fabric, Jim Goddard, K.B. Davies, Kershelmar, Anthony Lubbe, Wrights Nursery, Mailbox, Matabeleland Tractors, Lee McNab, Monks Trading, Morning Mirror, Natural Woods Products, Nengasha Safaris, Nesbitt Castle, Peter Abbott, Paul's Pest Control, Pembroke Pizza, Pet Hilton, Print Serve, Protective Clothing, R&M Pressing, Rosslyn Safaris, Shelley Lasker and friends, Somalisa, The Zimbabwe Buderim Syndicate, Franz Stoki, Rod Tapson, Tin Cup, Travel Shop, Roberts and Stevenage Vets, Watering Hole, Wilderness Safaris Dennis Wenham, Matobo Hills Lodge, Antelope Park,
- **Margie Rees:** setting up and running BHN face book page.