



CHRISTIAN FOUNDATION FOR CHILDREN AND AGING

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***A note from CFCA:** We are always trying to reduce costs and improve efficiencies. To help with this, some projects are now sending annual photos in a digital format to CFCA headquarters in Kansas City, Kan., for printing and mailing to sponsors. You are receiving this photo with a letter about your friend's project, written by the project coordinator. You will still receive a spring letter from your friend. If you have not received it already, it will come in the mail separately.*

Dear Sponsors,

My name is Peter Ndungo, Nairobi project coordinator. This is my eighth year working with CFCA. There is nothing as fulfilling as watching the growth and development of our poor children, mothers, fathers and aging. I am very happy to have this opportunity to share with you what we do with the resources you entrust to us.

Nairobi, the capital city of Kenya, has an estimated 3 million people. As of December 2008 we had 9,322 beneficiaries, including 588 aging friends and 84 students in the scholarship program. All beneficiaries are served in eight subproject sites within Nairobi and seven subproject sites in other parts of Kenya.

Each year, more people come to Nairobi to escape the harsh realities of rural poverty. Poor migrants often end up in slums, where they strive to survive under difficult circumstances. People who live here are jammed together and struggle to find their daily food.

Elsewhere, in the towns of Kisumu, Eldoret, Nakuru, Nanyuki and Meru where we operate, unemployment is also high, and many people survive by engaging in petty trading or subsistence farming. Families often live in small, one-room houses constructed of natural materials that succumb to the elements easily.

To secure the children's well-being so that they can grow in a safe, stable atmosphere of happiness, love and understanding, we offer the following benefits.

Nutrition

Poor nutrition makes people vulnerable to diseases. We spend a substantial amount of sponsorship money on food provisions to families. The food package often has beans, maize, maize flour, cooking fat, sugar and rice.

Case study

Margaret, 73, is one of the beneficiaries of the Kibagare Aging Program (KAP subproject) food assistance. A mother of four sons and one daughter, she lost three sons during the struggle for Kenyan independence in 1960. She now lives with two of her grandchildren.

Margaret moved to Nairobi with her husband 40 years ago and settled in the slums of Kibagare, the only place she could afford. Her husband died of tuberculosis immediately after, leaving her alone with the children. She describes CFCA as the answer to her prayers.

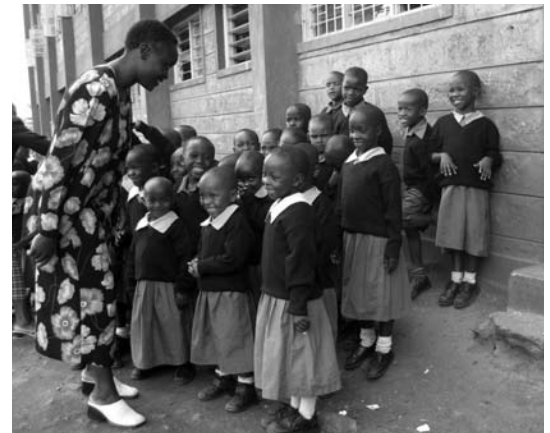
She is happy to be able to feed her two grandchildren. Every time CFCA is mentioned, you can't stop her from singing praises as she prepares a meal of "ugali" (pounded maize flour) as her grandchildren dance around her happily.



Education

Kenyans place high value on education. School expenses for students increase as the child progresses from one level of learning to another. This, coupled with the shortage of space in government schools, makes Kenya's education one of the most competitive in the region.

The government, in its commitment to provide free primary education, is facing the challenge of limited space, and most children end up in private schools. We use a good percentage of CFCA resources to enroll children in schools, paying school fees and providing learning materials. This has proved to be the best avenue for giving the children a chance to realize their full potential.



Housing

Houses generally are made of mud, wood, iron sheets and/or cardboard boxes. Most have no electricity or proper sanitation. There is a general lack of security and a poor infrastructure, and for squatters a high degree of insecurity related to land tenure. CFCA-Nairobi pays rent for a number of families and assists with housing repairs.

Health

Most poor Kenyans are not covered by health insurance. Those who fall sick do not seek medical treatment because the cost is not affordable, even in government hospitals.

Households are rarely connected to water networks and rely on water from vendors or questionable sources such as local streams or ponds. Airborne and waterborne diseases are prevalent in these areas.

Given the rising incidence of HIV/AIDS, we felt the need to redouble the provision of effective and affordable health services in all our subprojects. All children and the aging are therefore entitled to good medical care.

Livelihood programs

We also work with mothers groups, which create loan co-ops and micro-economic enterprises such as dressmaking, bead making, etc. We are encouraging ventures in long-term, income-generating activities.

Other benefits

Other benefits include clothing, values formation, counseling and recreation. In our program for the aging, one beneficiary, Grace, 77, recently received a set of dentures that enabled her to speak better and to consume food of high nutritive value, thereby improving her health. She is also very happy to regain her smile.

Sponsorship policy

Our current policy on number of sponsorships per family is generally one child per family, with a maximum of two. This allows us to have an impact on as many families as possible.

On behalf of my team and thousands of beneficiaries under our care, I wish to thank all of you for your untiring support and devotion to the call of serving the less privileged in the world. We have drawn a lot of strength in our work from your support and prayers. God bless you.

Thank you,

Peter Ndungo
CFCA Nairobi Coordinator