

# Tiny Tim & Friends

FALL 2011

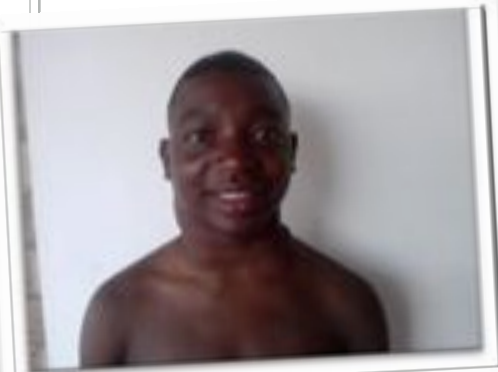
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ISSUE 14

## Notes from Dr. Tim and the Farm

Three weeks ago we welcomed Jimmy to the Farm. After being stable on his HIV medications for the past few years, he developed what appeared to be TB in the neck region.

Jimmy was sent from Boarding School to get treatment, and admitted to the Kid's Unit at the hospice. Normally he would have stayed with his grandmother but she is quite feeble and does not have food in the house.



He stayed at the hospice for weeks waiting for the medicine to shrink the neck masses, but they only got bigger. Now he is staying at the Farm and really enjoying some family life.

Yesterday we took Jimmy to the University Teaching

Hospital (UTH) where he was admitted to the Emergency Room for the removal of some of the enormous lymph node on his neck (probably from tuberculosis, although we will know more when the biopsy results get back).

The Emergency Room at UTH hasn't changed much since we were there last. Of course, ER's are always gripping places, even in more resource-wealthy countries. Here in Zambia the trauma and pain of the ER is compounded by a severe shortage of staff and medications.

Yesterday we saw more than one person die from their wounds because of lack of staffing and medication.

It was busy—every bed was full and many people were sitting on benches (who probably should have been lying in a bed), all patiently waiting for attention.

The resignation that is registered on their faces, even while in pain, is the most difficult thing to see. We have such good doctors and nurses here in Zambia, but the

workload and lack of funding keeps care at a baseline, which barely seems acceptable but unfortunately has become the norm.

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We know a wonderful Zambian pediatric surgeon who recently completed his fellowship in Capetown and intends to stay in Zambia. And a great neurosurgeon who has done the same.

These doctors could make more money and have much better working conditions outside their home country, but have chosen to stay.

We can't help but think how much better things could be here if we could create a climate that allowed more doctors and nurses to stay in Zambia.

### **New Tiny Tim & Friends Zambia Website!**

Now you can follow what's happening on the ground with the TTF Zambia team. Check out the new website at [tinytimandfriendszambia.org](http://tinytimandfriendszambia.org).

And make sure to keep updated with what's happening in the States by visiting our regular site at [tinytimandfriends.org](http://tinytimandfriends.org).

## My name is Amy Tiwari...

I joined TTF Zambia in July 2011 as the Director of Programs and Operations. I initially came to Zambia in 2007 for a 3-month internship, and loved it so much that I decided to return.



In February 2008, I moved to Lusaka and worked as an American NGO for almost 2.5 years, advising on orphans and vulnerable children under 5 years old. After this project ended, I started a private consulting business for the NGO sector where I worked with UNICEF, the World Bank and Zambia's National AIDS Council to conduct assessments, develop manuals and provide trainings.

During my time as a consultant, I worked closely with TTF to write proposals that were eventually funded. I saw the great work that TTF does and the amazing staff that make it all happen. When I was offered the opportunity to work full-time with TTF, it was an easy decision!

My parents moved from India to Los Angeles, CA in the 1970s. There I was born and raised with a younger brother who now works in New Jersey. I earned a Bachelor's degree in Molecular Biology from the University of California, Los Angeles (UCLA) and a Master's in Public Health (MPH) from Boston University. Learning how to balance my Indian cultural background with my American upbringing has helped me easily adapt to living in Zambia.

## Exciting New Update: TTF Pediatric Palliative Care Unit

Despite an increasing incidence of children and young people affected by HIV and AIDS and cancer, pediatric palliative care (PPC) is not available in the public or private sectors in Zambia.

Children and young people with life-limiting or life-threatening conditions have very specific and unique palliative care needs, often different to those of adults. But because there are very few services offering basic palliative care, most children are sent home to deal with their pain, and offered very little psychosocial or medical support to manage their impending death.

With support from the Elizabeth Glaser Pediatric AIDS Foundation (EGPAF), TTF has been working closely with Our Lady's Hospice in Lusaka to maintain a pediatric palliative care in-patient unit.

Three TTF team members attended an intensive month-long PPC training course in Uganda, and along with Dr. Tim Meade, have been spearheading the unit to ensure that every child receives quality medical and psychosocial support.

The *Tiny Tim and Friends Pediatric Palliative Care Unit at Our Lady's Hospice* officially opened on July 1, 2011. Since then, we have provided palliative care to eight children, ranging from six to seventeen years old.

These children were depressed and in excruciating pain, but through the unit, are now receiving counseling and pain management, not to mention a friendly TTF team who spends time with each child gaining their trust and getting to know them on a personal level.

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## Meet Michael

Michael is 15 years old and from the Kalingalinga compound in Lusaka, Zambia. He is the fourth born of six children. In 2009 Michael developed a sore on his left leg. Over time, the sore worsened and his leg became very swollen. He also began to develop many itchy blisters surrounding the initial sore. Eventually he had to leave school and was taken to the hospital, where doctors discovered he was HIV positive and had a type of skin cancer called Kaposi's sarcoma.

In May 2010, Michael's priest took him to Our Lady's Hospice in Lusaka to receive medicine for his illnesses. Unfortunately, doctors told him that both his HIV and Kaposi's sarcoma were at an advanced stage and could no longer be cured. For now he is on second line antiretroviral treatments and undergoing chemotherapy to try to get better.

Before Michael was admitted to the hospice, he used to get sick very often, usually with malaria or the flu. However, since living at the hospice he has been feeling better. Michael's nurse, Sobe, gives him medicine, washes and cleans his leg, and makes sure he's feeling okay. Additionally, he receives morphine five times a day to help deal with the pain in his leg. Because of the care he receives at the hospice, Michael says he does not have much pain anymore—his leg no longer hurts, it only itches.

At the hospice, Michael likes to watch television and ride around in his wheelchair. But he says his favorite part about living there is the food! However, Michael does get bored sometimes. He tells the staff that he hopes to soon receive some video games or books to write in.

Although Michael likes living at the hospice, he says he misses his old life very much. Before he became ill, his favorite activities were playing football with his friends and hunting for birds. He used to love to cook for his younger siblings after school, and hang out with his older sister and little brothers. Unfortunately, since he began living at the hospice, Michael doesn't get to see his friends very much anymore. Although he sometimes requests to go home to see his friends and grandmother, unfortunately there isn't any transport money to take him.

Despite the challenges of living at the hospice, Michael says he is happy to be there. He's accepted that there is nothing that can be done about his situation, and is grateful for the access to medicine and people who look after him. His family visits him every day and tells him that it's nice to see he's no longer in pain.



## Meet Fostina

Fostina is a 6-year-old girl who lives in Lusaka, Zambia in a compound called Kanyama. Her father died in 2005 while her mother was pregnant with Fostina. Today she and her mother live in her aunt's house where they are taken care of. Her mother does not work but runs a small vegetable business at home. Her aunt runs a business at the market and is in one of the TTF women's groups.

Because Fostina was getting sick so often, her aunt decided to bring her to the TTF clinic where she was tested and put on ARV medication. Fostina tells the TTF staff that she likes to play with her friends.



# You Can Make A Difference

Tiny Tim & Friends continues to change lives and give hope to hundreds of children in Zambia. But to continue, we need your help and support. Please join us in our mission to make a difference by providing medical, educational, vocational and nutritional support to the children suffering from HIV/AIDS, as well as the countless number of vulnerable children and pregnant women who remain unchecked or untreated.



## **Donations Are 100% Tax Deductible**

We deeply appreciate your support. No matter how big or small, your contribution will make an immense difference in the lives of the many Zambian children supported through TTF. Make your donations at [tinytimandfriends.org](http://tinytimandfriends.org) or mail a check to:

Tiny Tim & Friends  
14204 Woodhaven Road  
Minnetonka, MN 55345

## **Make Space For Winter!**

### **We're Taking Donations for the Spring Garage Sale.**

TTF will be having another garage sale next spring 2012. If you have any "good stuff" to donate, please call Tom and Betty Meade at 952-936-9036. We'll be happy to pick up and store it until spring.