

Bunica Bulletin

Issue 21

Winter 2012

Miss Bunica contest

Neumanist Association held the third edition of MISS Grandmother. This year was attended by eight competitors. Grandmothers have proved oratorical talent and music



talent as well. They demonstrated ability and ingenuity in

preparing vegetables for competition that provided a "potential soup for grandchildren"! The biggest emotions were during the song contest, each grandmother chose a song, which they sang with much dedication and love for all those present. Some of them were supported by the entire audience, as the words were well known to all. Spectators cheered generously all participants.

The jury deliberated and gave the title of Miss Grandmother to Mrs. Xenia Tutunaru and Vice Miss, to Mrs. Anastasia Salacova. The contest ended with a common dance in a joyful atmosphere.



New project supported by Max Maakt Mogelijk Foundation

From year to year, Neumanist Association is more convinced that there a lot of good hearted people outside Moldova that have the feeling of compassion, generosity, love, understanding.

Good news came before Christmas for the organization. Another important project was opened in Straseni town due to financial support and involvement of **Max Maakt Mogelijk Foundation** (The Netherlands).

The project is aimed to serve 30elderly of Straseni town, very needy and living in appalling conditions.



The team of 5 social workers will deliver warm meals 3 times a week, clean their houses and do other things necessary for the elderly. Besides every month they will get medications from the medical assistant that will help them to treat some diseases.

The first stage of the project was filming the elderly houses and afterwards showing

the program all over Holland to involve Dutch people to support these elderly. From the name of all the senior citizens that are benefiting from these necessary services and from the part of Neoumanist staff we express our big gratitude to Max Maakt Mogelijk and to all the people from The Netherlands and other countries that contribute for the running of Home Care service in Straseni

Highlights:

- *Miss Bunica Contest*
- *New Project*
- *Fair of NGOs*
- *Meet the team*
- *What elderly wish for Christmas ?*

Upcoming Events

- *New Year party*
- *International Thank You Day*
- *St. Valentine's Day*
- *Adoption program*

Shared impressions



Pieterneel Dekkers
SOM, the Netherlands

This year I had the opportunity to go twice to the centre, in spring and autumn.

First time I went with my friend and colleague Marjo v Rumpst. Together we prepared a training for the staff about the topics they wanted to talk about.

It was our second training for the staff of Rasarit, Spectru and Home Care and we're very pleased to support the team by this way.

One of the first topics was family and work in a good balance.

It must be very difficult to work in a country where most of the people are in a state of surviving. The team is taking care of the most vulnerable group in Moldova, the elderly.

Together we tried to stand still by this situation, to take time and share with each other, to laugh and cry. Even when it is difficult to face those problems at home and in work, they took the courage to do this with us.

In exercises they had the opportunity to find out if their balance was ok.

What could be less, what could be more?

Another topic they like to talk about was stress, how to deal with stressful situations with elderly and in daily life.

They told us: "Moldova is

stress" and we think it is true. There situation is not to compare with ours.

They have to deal with much more insecurity and always a lack of money, medicine and time in taking care of the elderly. Sometimes they do not know how to handle in hard situations with elderly, there is no specialized consulting accessible.

The questions we worked on: what will be the effect of this for the worker?

Do they take their sorrows at home, can they solve it?

They talked with each other about what the cause is of the stress and how to deal with it.

We also tried to reduce their stress moments by relaxation exercises.

How to work with volunteers was another discussion.

From Moldova culture the team respects the volunteer and sees the volunteer as a guest and professional.

The team in Spectru likes to learn and exchange experiences in healthcare and they like the volunteer around the elderly, paying attention to them.

The team of the Kitchen likes the volunteer to do several works in the kitchen and exchanging recipes.

The team of Rasarit likes to learn about new unknown activities for elderly.

In Home Care the volunteer is welcome to go with the team to help and serve the elderly.

But some team members do feel uncomfortable because of language barrier, not daring asking help and afraid of misunderstanding:

Does the volunteer understand our rules of healthcare?

Does the volunteer want to help me, do they understand me?

Does the volunteer understand the customs about elderly and our way of working?

As trainers we encourage them to use the volunteer and to qualify themselves as equal.

(and yes, you can say no if you need so)

For volunteers: please be aware of this and try to be respectful to their rules and their way of working and thinking.

Don't try to change things or attitude of workers if they do not ask, be flexible.

Take initiative with the team members; ask them to show you how to do things in their way.

We as trainers think that they are doing a very good job!

We were moved by their passion to be warm, helpful and careful to elderly, volunteers and us.

Girls: thanks for translating from English into Romanian and Russian and vice versa.

For all of the team: be proud of yourselves.

I returned in autumn back to the centre, as a volunteer not as a trainer.

I do see a lot of progression in being open to each other; they started to have small team meetings and also confrontations. This is needed if you want a change.

Sharing and facing the problems at work and what to do about it.

In the Dutch Notebook for volunteers I only read enthusiastic volunteers who had a lovely time in the centre.

All say something about the respectful, warm and careful reception of the team to volunteers.

I can only agree and let's keep going!

For sure this will be continued! Hope to see you back in spring-time.

Fair of the NGOs



Neumanist beneficiaries took part in a special event organized in the Public garden Stefan cel Mare si Sfint in the capital of Moldova: Fair of the NGOs 2012. The event was organized thanks to the generous help of the American people offered by USAID with-

in the program Consolidation of the Civil Society in Moldova, implemented by FHI 360. Morana Smodlaka, director of the program said: the fair is organized for the third time. At the first one there were present 20 organizations, now there are 50 organizations. One of the indicators of the powerful society is strong relation between NGOs and population. The mayor of the Chisinau Dorin Chirtoca mentioned that NGOs from Moldova became more and more stronger. NGOs became powerful and

have a bigger capacity to organized things to contribute to the development of the society and sometimes make the government work. The elderly of the organization sang two songs and presented an exhibition of handmade crafts.

We had the possibility to promote activities of our organization and to find information about other NGOs. It was a special event for the civil society and for the population.

Winter gift for needy elderly

Winter arrived in Moldova! Frost has been felt recent weeks. For the elderly, this period is difficult and full of challenges. Most elderly people have nothing to heat during cold season. Their pensions are so small, they can not afford paying for the necessary wood and coal.

That's why every year the help of SOM (NHADAM) Foundation (Netherlands), is not only welcome, but it is a vital one.

This year, a very dear volunteer to us Welmoed Lebbing donated as well an amount of money to purchase coal for the elderly.

The elderly of Neumanist

Association thanked in tears! In total 37 needy beneficiaries recieved coal.

Of course, there are more elderly people who need coal or wood for winter. So any donation is welcome for the project.

The elderly who have already benefited from coal, received not only heat but warmth of hope as well.

Hope for a better tomorrow. All of them are firmly convinced that still in the world there are people with big hearts, who

understand their needs and offered these gifts with big generosity and love!



Meet Neoumanist team



Maria Cretu was born on 24 July in 1958 in Durlesti village in a family of five children. Her parents were workers. Her father worked at the printing house and her mother -at the hospital. After school she joined cook courses. From 1977 till 1980 she worked at a Chemical Work.

In 1980 she married to Andrei. Now she is a widow. She has two children a son and a daughter.

She is a grandmother of

three grandsons.

Since 2007 she has been working at Neoumanist.

She says: "...the work with the elderly is a difficult one, but I try to make their life easier and happier..."



Anatol Melnic was born on fourth April 1967 in Voinova village, Straseni district. He

says: In 1980 with my family I moved to Galesti.

In 1985-1987 I joined the army in Donetsk, Ukraine

In 1988 I married to Lidia.

We have two sons Artur and Cristian. Artur graduated from Tiraspol University

Geography faculty, Cristian is a student at the State University of Moldova at Faculty of Economics.

I worked as an inspector of the insurance company in Ialoveni. Then I was maintenance person in the summer camp for children Codru. I speak Russian and Italian. In the weekends I like to spend my time with the family in the forest. I have a hobby-shooting.

Raina Harcovenco 80 birthday



Raina Harcovenco celebrated 80 years. She was born on 8 November 1932 in Hristoforovca village, Ungheni district. She says: I was born in difficult times. My family passed through famine. I studied at school very well. In 1955 I got married. My husband was Ukrainian that's way we

moved to Odessa. We were

constructors and we took part in the construction of the sanatorium Moldova. We should have received a flat in Odessa but we were misled by the administrator and sent to Straseni. Here we received a room in a hostel. We lived in it till 1969, and then we received a two rooms flat. We built many important buildings: schools, hospitals, block of flats and many others. In Ialoveni we built a hospital. I had an accident and lost my eyesight. I became blind at 54 years old. My husband died at 76 years old.

We had no children. I was

and I am helped by my neighbor Natalia. I am visiting the center together with my neighbors. My life passed so quickly that I didn't enjoy it. Here I can walk outside in a safety place; at home I stay only inside. I have a very good memory and I retell the poems I learnt by heart at school. As long as I visit Rasarit, I live and I exist on the earth.



Christmas wishes of the elderly

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Neoumanist team and the elderly are sending you warm hugs, loving kisses and earnest wishes for the wonderful occasion of Christmas. May you have a splendid Christmas filled with lights, songs and cheer.

*Merry Christmas and
A Happy New Year to you.*