

AFICS-KENYA NEWSLETTER

SMART AGING



ASSOCIATION OF FORMER
INTERNATIONAL CIVIL SERVANTS -
KENYA



AFICS-Kenya members during the Annual General Meeting of the year 2023

MESSAGE FROM THE PRESIDENT

Dear AFICS-Kenya members,

I am glad to be sharing this first newsletter of 2024, which covers our achievements in 2023 and the first quarter of 2024. We plan to have three newsletters this year, and are calling upon members to be active in the Association's activities and to contribute and share their stories and experiences in the newsletters.

I know that members are engaged in exciting work in their retirement, contributing to an active lifestyle, participating in social activities with family and friends, and engaging in the country's development. Your stories can motivate other colleagues; some could also lead to starting an activity that AFICS-Kenya can build upon. The *Advocacy, Communication, and Partnership* sub-committee will support and guide you in editing and developing your story.

In 2023, AFICS-Kenya was very active and held two very successful events: our 15th Anniversary with the theme of 'Smart Aging' in the first quarter and the celebration of the *Day of Older Persons* in the third quarter. We also had an AGM at the end of April 2023 which endorsed the continuation of the current Executive Committee as well as confirming our work plan for the next three years. In the first quarter of 2024, a very successful luncheon was held at the *Parklands Sports Club* with attendance of over 100 members. We were very happy to note the various activities which our members are involved in, such as farming, taking care of grandchildren and working with charities.

The Association continues to grow in numbers and expertise, which contributes to our strength in offering consultancy services built on the vast skills, knowledge and experiences of the many former international civil servants residing in Kenya.

In addition, the Association has established a variety of sub-committees that members can join and be active participants in, including the *Benefits, Charity, and Social* sub-committees. I look forward to your engagement and contribution to growing our association.



The President calls upon the members to be active in the association's activities.

Ambassador Dr. John O. Kakonge, AFICS-Kenya President

AFICS-Kenya Consultancy Services

AFICS- Kenya maintains a multidisciplinary pool of experts ready to provide development-oriented professional services and skilled-based voluntary assistance in a broad variety of areas of sustainable development and related fields. AFICS-Kenya positions itself as a leader in the field of social and economic development, providing enhanced, cost-effective and extremely high-quality services.

Our multidisciplinary team has experience and expertise in a wide range of fields, gathered from Leading, Generating Evidence, Designing, Negotiating, Mobilizing Resources, coordinating, Implementing, Monitoring, and Evaluating Country Programmes across the sub-regions of Africa and beyond.



Photo session of AFICS-K members with former UNON Ms. Hanna Tetteh at the UN Complex-Nairobi

The proficiency of the team goes beyond local level support to global influence in design and implementation of development projects and programmes offering services in the following areas among others [Capacity Development and Training; Conferencing and Events Management; Corporate Governance; Education and youth empowerment; Environmental management and policy; Finance management; Gender analysis, empowerment and gender mainstreaming; Public Health and Health Systems Strengthening;

Human Resource Management; Humanitarian and Disaster management; Research, Monitoring and Evaluation; Social Mobilization and Advocacy; Policy Analysis and Policy Development; Population Dynamics, Demography; Statistics; Resource Mobilization and Security and Investigations]

In addition, AFICS members contribute independently to development programmes and training in their areas of expertise, giving back to their communities in different ways.



A section of AFICS-Kenya members during the February luncheon at Parklands Sports Club

2024 February Luncheon.

AFICS- Members are always highly engaged in Societal and family obligations at the end of the year, with most being abroad. It was therefore agreed to hold the end-of-year get-together on February 23rd, 2024, at Parkland Sports Club.

It was a successful Luncheon compared to other years and had a record-high attendance of more than 100 AFICS members and guests.

Members had an opportunity to interact and celebrate together and to share experiences of activities they are currently undertaking in different fields. Some members have moved to the field of agriculture and farming, others are caregivers to their loved ones, while some decided to go back to school and study, and there was also a group of members who started charity groups.

The relaxed atmosphere of the Parklands Club gave an opportunity for members to network and spend quality time with each other. The luncheon ended on a high note with members committing to engage more in AFICS-Kenya activities.



Ms Deborah Rutihinda awarded during the 15th anniversary

Calendar of Events

23rd February 2024.

- AFICS-Kenya Members Luncheon held at Parklands Sports Club.

Upcoming Events

3rd May 2024.

- UNJSPF in New York mission to Nairobi.
- Annual General Meeting.

21st June 2024

- Medical Briefing.
- ICEA Lions Group

The choice of the theme was pertinent for the celebration of the 15 years since the birth of AFICS-Kenya. It acknowledges that for those who have retired, having a "good quality of life" is of great critical concern. Members benefited from the Keynote speech and the discussions that featured areas of Nutrition, Health, psychological and physical fitness, and financial management.

In addition, the event celebrated the experiences and successes of the past 15 years, reflecting on past service, current activities, and future dreams and acknowledging and appreciating the members who steered the association to its present status.

AFICS is committed to giving back to the community. Members were encouraged to get involved in giving back as individuals and through the charities they belong to. AFICS-Kenya led the way by giving cheques worth 60 thousand Kenya shillings to Charity groups at the event, among them Limuru Aged Project, Kariobangi Cheshire Home for the Elderly; Torosei, Cerebral Palsy Society of Kenya; and Mji wa Huruma Home for the Aged.

AFICS – Kenya – Celebrating the International Day of older persons (IDOP)

Theme: The Journey to Quality Aging.

On December 14th 1990, the United Nations General Assembly designated October 1st the International Day of Older Persons (IDOP). In 2002, the Second World Assembly on Ageing adopted the Madrid International Plan of Action on Ageing (MIPAA) to respond to the opportunities and challenges of the ageing population.

AFICS-Kenya held a one-day symposium on 2nd October 2023 with the theme "The Journey to Quality Aging" to reflect on the UN MIPAA, taking into account its highlights, namely - *older persons and development, advancing health and well-being into older age and ensuring enabling environments for elder persons*—the policy landscape of ageing in Kenya. Global, regional, and local knowledge was shared. Specifically, participants were exposed to the various challenges facing older persons in Kenya, such as in health care, social protection, long-term care, self-care, and promotion of active aging.

Some of the recommendations made included holding annual symposiums/seminars in future to celebrate the IDOP organized by AFICS-K and partners and the formation of a Council of Elders to champion the cause of older people. In addition, specific areas that need further research and development were identified, which include the expansion of social programmes in terms of amount and coverage, pensions, healthcare, and social protection, long-term care and self-care strategies to support healthy aging and education programs to challenge negative attitudes and stereotypes about older persons.

The preparation for the celebration of the 2024 IDOP has started, and members are encouraged to participate in the working groups and in giving ideas to make it a very informative and high-level advocacy event.



AFICS-K Members sharing a light moment during the AGM

AFICS-KENYA : FITNESS PROGRAMME –EXERCISE FOR GOOD HEALTH

Regular physical exercise is important and should target the following Five components of fitness, namely: *Cardiovascular endurance, Muscular strength, Muscular endurance, Flexibility, and Body composition.*

The five components are crucial because they directly impact our overall health, independence, and quality of life.

Regular physical exercise targeting these components can help people of all ages, and especially seniors, to maintain mobility, reduce the risk of falls and injuries, manage chronic conditions like heart disease and arthritis, improve mental well-being, and enhance overall longevity.

In recognition of the importance of physical exercise for seniors, AFICS launched a fitness programme for members in October 2023. Since then, a group has met once a week to exercise at the UN Recreation Center with the direction of a trainer. Exercise includes gym sessions, aerobics, dance, walking and more.

We hope that many more members will join the fitness sessions. We're aware and happy that many other members are participating in fitness classes with different groups.

We encourage **ALL** members to exercise.

Ms. Grace Kagodu.



AFICS members fitness session at the United Nations Recreation Center (UNRC)

BENEFITS SUB-COMMITTEE

The Benefits Sub-Committee deals with matters related to retirees' pensions and after-service health insurance. The sub-committee is composed of 16 members who have volunteered to be active members of the sub-committee. The key roles of the sub-committee are as follows:

Pension issues:

The sub-committee assists members who raise pension-related issues affecting them individually or collectively. The migration of manual submission of Certificates of Entitlement forms (CE) to digital submission is one area in which members need support and information. Other matters relate to the stoppage of pension remittances, mostly due to the failure of pensioners to meet CE submission deadlines. In this instance, the sub-committee coordinated with the relevant offices locally and, if need be, with the parent pension offices in New York or Geneva to seek solutions.

ASHI (After Service Health Insurance):

The majority of AFICS-Kenya pensioners subscribe to ASHI schemes of UN organizations to which they served, i.e. UNDP, UNICEF, FAO, WHO, and UN Secretariat Offices, to name a few. The ASHI coverage is undertaken by the Third-Party Administrators of UN organizations (as shown above). Popular among these schemes are CIGNA, Aetna, Empire Blue Cross, and Allianz. As these schemes do not apply the same regulations and parameters regarding entitlements and reimbursements, the sub-committee deals with many issues and questions raised by retirees in this regard.

Mr. James Mutiso, Benefits Sub-Committee Chairperson.



Mr. Mutiso, outlines the two key roles of benefits sub-committee.

EDITORS

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