Greetings AFICS-Kenya Members! This is a most trying period of our lives. The year started well, but two months into it we were under siege with corona virus. I hope you are kept abreast of the daily briefings from the government and from international and local media about the status of the pandemic. The situation is bad, and we raise our hands to Almighty God to rescue us. Besides corona virus, this newsletter briefly covers issues from our get together in November last year to dealing with the current situation and future plans. Stay safe and remain blessed.

Amb. John O. Kakonge, President, AFICS-Kenya

2019 AFICS-Kenya Get Together

The AFICS-Kenya year-end get together was held on November 28th, 2019. We are grateful for the incredible turn out and registered 76 attendees. The function was a lovely way to wrap up the year amongst colleagues and friends. Besides the impact of on-going corona virus threat, there will be more social events this year, so make sure you don’t miss out.

Certificate of Entitlement (CE)

We are still accepting Certificates of Entitlements (CEs), therefore, if you haven’t brought yours to the office, make sure to do so soon. The safest way remains to send it to UNJSPF through the AFICS-Kenya office in Gigiri. The office is available and ready to assist members in this respect and can provide information on how to keep up with your pension payments.

Please note that UNJSPF sends CEs several times in case one of them gets misplaced or lost. Therefore, if you do receive your CE more than once, don’t panic, UNJSPF just wants to ensure that you do not miss out on your pension entitlement.
**UN Complex Affairs**

The UN Complex saw the arrival of the new UNON Director General, Ms. Zainab Hawa Bangura, of Sierra Leone. Ms. Zainab Hawa Bangura was formerly Special Representative of the Secretary-General on Sexual Violence in Conflict from 2012 to 2017. Prior to this assignment, she was the Minister of Health and Sanitation (2010-2012) and Minister of Foreign Affairs and International Cooperation (2007-2010) for the Government of Sierra Leone. We wish her the best on her new assignment.

We are positive that AFICS-Kenya will receive full support from the new Director General in our affairs.

**AFICS-Kenya Group Travel**

Plans for a group travel have again been interrupted, after we were forced to postpone last year’s travel due to scheduling difficulties for various reasons including weather conditions. Once the corona virus situation improves, we will reactive this activity. We hope you will be available to participate in this venture. You will be notified further via email.

**UN Ground Pass (UN ID) Information**

So far, we have been informed by the Chief of Security that the following conditions have to be met for issuance of the UN IDs to former staff members:

i) One must have retired after reaching the retirement age;

ii) Proof of retirement is required from the agency/organization from where one retired;

iii) IDs will not be issued to those who left the UN due to separation or dismissal.

This information will guide us on this thorny issue. Any more information on the matter will be communicated to the Members, as usual.

**AFICS-Kenya Membership**

AFICS-Kenya membership cards have been issued and are available in the office. Although not all members will get their cards, we shall continue to have them printed when we get a sizeable number of new members.

We have pleasure to report that we have received the following new members since our last Newsletter. Please help us welcome them on board.

1. PACIFICA MAGOMA NYAMETA
2. ANNE KIMANI
3. ALICE NDUBA
4. STEPHEN K. WANG’OMBÉ
5. ANNE GABRIEL MUKUHI
6. FLORENCE ODERA
7. PATRICK NZAMBA
8. VERONICA NDERITO

9. NJOKI MUIRURI
10. ALMAZ TEWOLDEBERHAN
11. SERAH KANINI MACHARIA
12. BEATRICE BAZANYE
**Milestone**

It is with great sadness that we inform you of the sudden passing of our member, Zebedee Omusundi. Omusundi passed away on the night of Sunday 29th March, 2020. He had been an exemplary member of AFICS-Kenya for many years. He had also been the Chairperson of the Members Benefits Subcommittee.

**Commissary**

A Note Verbale was sent by the Ministry of Foreign Affairs to the UNON Administration in May 2019. In principle, the Foreign Affairs Ministry has no objection to former staff gaining access to the Commissary. A meeting between the two parties is planned to discuss this issue and find the way forward on the matter.

**AGM**

Our AGM, which was scheduled for 27 March 2020, has been postponed based on instruction from government regarding social distancing vis a vis corona virus. We will get back to you regarding rescheduling of the AGM once the corona virus situation improves.

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**Briefings**

This is a brief update on the corona virus pandemic, which I am sure will be important to us all.

**Novel Corona Virus (COVID-19)**

Covid-19 is a new strain of virus that affects the breathing system leading to symptoms including coughing, fever and difficulty in breathing. The infection is more severe in elderly persons or those with pre-existing medical conditions resulting in lowered immunity. So far, no definitive treatment or vaccine has been developed, thus emphasis is mainly on taking protective measures to prevent contracting the infection.

**Key Prevention Measures**

- **Effective hand hygiene** – frequent washing with soap and water or use of alcohol-based hand sanitizer.
- **Apply respiratory etiquette** - covering coughs and sneezes.
- **Social distancing** - under pandemic alert conditions, avoid close contact (< 3 feet) with any individual who is not known to be free of the above-mentioned symptoms of Covid-19. Avoid social gatherings and non-essential travel.
Basic Information on Medical Insurance in Connection with COVID-19

Field Local Active Staff Members (MIP) and Field Local ASHI (MIP). This includes UN Retirees.

• In the event one falls sick with COVID-19, visits to a physician will be covered in accordance with the MIP plan of benefits.
• **Cigna**: like in all diagnostic tests, COVID-19 positive testing of staff with MIP coverage will be covered if prescribed by a qualified and registered medical doctor, and medically necessary as per the policy stipulations for the MIP plan.
• In a case of quarantine, **Cigna** will only cover for isolation. This applies to people that show symptoms and need to be diagnosed and/or treated. These patients are being hospitalized in isolation or in a single room in order not to contaminate others. This is medical care and therefore covered.
• Note that online medical consultation is not included in the benefits under MIP.

UN Secretary General’s Letter

In a letter dated 12th March, 2020, the Secretary General acknowledged that the world was facing an unprecedented threat resulting in the biggest challenge for the UN in history. Key messages are:

• COVID-19 will impact on UN work both at the headquarters and many of the field offices and duty stations.
• Staff are to remain calm and resolute, manage risks and respect the safety and dignity of people at all times.
• Governments need to step up their efforts and work together to contain the spread of the virus.
• A website will be created to provide timely information on Covid-19.
• Members who have been in close contact with individuals who have tested positive or are symptomatic are urged to contact medical services immediately.
• “Be safe, be smart, and be kind.”

Advice from WHO

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<th>Look after your physical and mental health.</th>
<th>Talk to people you know and trust.</th>
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<tr>
<td>Eat a healthy and nutritious diet to boost your immune system.</td>
<td><strong>Support other people in your community.</strong></td>
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<td><strong>Limit your alcohol consumption and avoid sugary drinks.</strong></td>
<td>Check on neighbours, family and friends. Compassion is medicine.</td>
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<td>Don’t smoke.</td>
<td><strong>Listen to music, read books or play a game.</strong></td>
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<td><strong>30 minutes of physical activity a day for adults.</strong></td>
<td>Try not to read or watch too much news if it makes you anxious.</td>
</tr>
<tr>
<td>One hour of physical activity a day for children.</td>
<td><strong>Get your information from reliable sources once or twice a day.</strong></td>
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If your local or national guidelines allow it, go outside for a walk, run or a ride and keep a safe distance from other people.

If you are working at home, don’t sit in the same position for long periods. Get up and take a three-minute break every 30 minutes.

Dance to music, do some yoga or walk up and down the stairs

Keep a healthy mind and look after your mental health.

“It is normal to feel stressed, confused, and scared during a crisis.”

- WHO Director General, Dr. Tedros Adhanom Ghebreyesus

International Day of Older Persons, 1st October 2020

AFICS-K is organizing a forum at the UN Complex in Nairobi to celebrate the International Day of Older Persons the theme of which will be ‘The Journey to Quality Ageing in Kenya’.

Key objectives of the forum will include:

- To sensitize government officials and other stakeholders on the importance of the International Day of Older Persons;
- To remind the Kenyan government of its commitments made through the Madrid International Plan of Action on Aging, and
- To remind the international community to lend their support to implement programmes to deal with the issues of ageing.

Further, the meeting will discuss:

- Challenges faced, and the opportunities offered, by older persons in society, and
- Good practices and experiences that promote a developmental approach to population ageing through the mainstreaming of older persons into national development plans and policies across all sectors.

The forum will draw participants from national government ministries, departments and agencies, county governments, the private sector, researchers and academia, think tanks, civil society, older persons’ organizations, United Nations organizations, specialized agencies, and independent experts.
Members’ Annual Subscriptions

It is never too late! Please renew your subscription. General Service category of staff pay a first-time registration/joining fee of US$50 - down from the previous US$100; and an annual fee of KES. 2,500/-. Other categories of staff pay $100 joining fee and an annual fee of KES. 6,000/-. Members can now pay to the AFICS-Kenya account at KCB Gigiri and send or scan their receipt to the AFICS-K office. Kenya shillings A/c. No. 1113818182 and US Dollar A/c. No. 1113818727 or pay via MPesa - Paybill No. 522522.

Contact us with questions, suggestions, news at:

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Check out our website:

www.afics-kenya.org/ for more about AFICS-Kenya and our activities.