

NAKIMERA STILL HAS THE ENERGY TO DO CULTIVATION

She is still strong at 113



Nakimera at her home in Buseesa

Rosemary Nakimera is 113 years old and still going strong. She is the oldest woman in Buseesa, Kibaale district. Nakimera narrates her story and how God's mercy has enabled her surpass a century. The great-grandmother is the district's most senior supercentenarian, according to residents. She shared her life's journey with Juliet Lukwago

WHAT OTHERS SAY

Taddeo, grandson: Now we see her hands trembling and she still recites the rosary every time and sings church hymns. I think she has songs and prayers going through her head.

Winnie Kyakuwa, granddaughter: Jjaja is old, but a happy woman, caring and loving. She is very intelligent, but sometimes she forgets. She can narrate to us many things. Some days, she refuses to talk, but when she decides to talk, she wants you to be attentive.

marry me, I asked him for his details. It was then that I discovered that he was younger than me. I reminded him that I was older than him by seven years, but he insisted that he wanted me. I thought the age gap would push him away, but that did not stop him from marrying me. I was a very good looking lady.

I remember he was born in 1910. It never occurred to me that I would live this long. I just went on and on, and I am praising God for that. I had only one certificate in life which was my baptism card. Unfortunately, it was eaten by rats a few weeks to my husband's death in December, 2011. I was annoyed because I kept it for a long time, wrapped in a cloth together with my husband's baptism card.

I used to check on them every week. But when I checked after my husband had passed away, I found pieces of paper! That day, I was saddened by the loss of my husband and baptism card. It was so bad, imagine the baptism card I kept for a long time and rats

destroyed it in a few days. This was the only certificate I had in my life, and my full details were written on it, including my parents' names.

Even my clothes had been eaten by rats. But I thank God for the gift of life he has given me. Who am I to reach 114 years. I always pray for souls of my husband, children and many others. We were married for over 60 years

I do not feel any different from when I was 85. As a young woman, I was a church-goer, but due to complications, I no longer go to church every day even on Sundays, as I used to do."

I remember some sisters, including Sister Fabiola, who was in Bukumi Sister's Convent near the parish where my husband found me, took me as their house help. I never went to school apart from Kigango where I attended reading class.

HER TIMETABLE

I wake up any time I want and it depends on the weather. If it is a rainy season, I wake up at around 7:00am, but stay in bed reciting morning prayers, including the rosary. Later, I go slowly outside of my bedroom, wash my face as I wait for my daughter Apolonia to come and help me to bathe. After, I serve myself breakfast.

I have a carer who cooks for me. I wash my clothes, but I cannot take a bath on my own. So I always wait for my daughter Apolonia whenever I want to bathe.

After breakfast, I slowly walk to my garden with my small hoe and dig or collect coffee beans. These activities have helped me keep fit and healthy.

SHE LOVES JUICE

I like meat, milk, posho, millet bread and bananas and sugary edibles such as cakes. The writer found Nakimera with some juice concentrates and glucose, which she described as her favourite. Nakimera also had peanut butter.

I drink a lot of juice while eating, but everything is too expensive. I like milk and juice, but obtaining them is difficult because they are too expensive.

But when I get a small jerry can of juice, I make sure that I mix a lot of water so that it takes me for some time.

If I got someone to provide for me juice and milk, I would be happy because they are my favourite.

