



A Continuation of the work of MAMA Project in Honduras.



Seeing the smiles of the innocent children that we have helped through the Nutrition Center, gives me hope and encouragement to continue to serve God through Healthy Niños Honduras.

In January of 2003, I was asked to begin working at the Nutritional Rehabilitation Center as the nurse. Although I didn't have formal training, I was provided a lot of training on-the-job by the Center's physician. I accepted the position and didn't realize the change it would make in my life.

Over the years I visited the communities with medical brigades and worked with the children at the Nutrition Center, organizing and providing the medicines needed. In 2011, I had the opportunity to study for a Diploma in Nursing where I learned the theory behind the practical work I was already doing.

I have had the experience of having many children impact my life. One child I remember clearly is Cain, who entered the Nutrition Center with severe malnutrition at only one year of age. I really did not think he would recover but he did! Now he is 16 years old and a great boy!

This year, after I returned to work after my surgery, I had the opportunity to meet 7 year old Maria Idalia, who was at the Nutrition Center due to severe anemia and malnutrition. She had no urge to play and much less desire to eat any food. When it was lunchtime, I would sit next to her and spoon-feed her food to her. The first bite would always have the micronutrients for her. I slowly saw the change in her and she recovered completely from her anemia. Afterwards she began helping me in the pharmacy by cleaning some of the boxes. She had a very positive attitude and it was great to see her have her life back.

When I see the recovery of the children, I recognize that God sent me to the Nutrition Center. This organization is a key point in recovering or helping the nutritional need of the families. I am the first person to meet the family and complete an evaluation. I see the need and feel compassion for the families; I carry out my role heartily, always relying on my faith in God. I help the families, give them the steps to follow to recuperate, and see that the mothers trust me and accept my advice. The mothers come to the Center with tremendous need and some anxiety but, in the end, they feel very grateful for the assistance and I feel satisfaction, knowing in my heart that I was able to help another family.



When I visit the communities, the first thing I do is look at the smiles of the children who have been at the Center, because their smiles show their innocence and remind me of everything we did to give them hope for a future! I am grateful first to God, for His beautiful mercy, and to Dr. Herman & Amanda Sagastume, for the confidence and support they've given to me, something that motivates me to continue to provide the best assistance to those in need around me.

Rosa Guevara has worked as the Nurse at the Nutritional Rehabilitation Center for 15 years. She is married to Juan Carlos and has 3 children, Yorlenny, Paola and Juan Carlitos, and 1 grandson.

In addition to helping the children in the Nutrition Center with medicines, Rosa spends a lot of time educating families. Here Rosa is teaching about vitamin A & micronutrients during one of the community leader trainings.

Together we helped many families in 2018!



Every year we are grateful for the many volunteers who support the community work in Honduras by participating in a mission team. Here are some statistics from our teamwork this year!

Eleven teams with 140 total volunteers served in Honduras. These teams were Witmer's United Methodist Church (PA), Dr. David Kent & Friends, Seneca Community Church (NY), Crossroads Christian Center (MD), Community Mennonite Fellowship (PA), Penn State University, Deep Run East Mennonite Church (PA), West Chester University, Massanari Family, Blooming Glen Mennonite Church (PA), and Stumptown Mennonite Church (PA). Many of these teams have already signed up to return again in 2019!

These teams traveled to a total of **46 poor, rural communities** to provide medical and dental brigades as well as cementing floors in homes.

While in the communities, the teams provided the following:

- **3,012 people** received **medical attention**
- **3,705 people** received **deworming pills** to prevent intestinal parasites
- **1,934 children** under age 5 received **vitamin A capsules**
- **151 people** had low **hemoglobin**
- **868 pairs of reading glasses** were distributed
- **1,526 Bibles** were donated to families
- **837 malnourished children** were discovered. Some will come back to the Nutrition Center for treatment. Unfortunately we cannot house all of these children and their families, so some families will receive partial treatment in their homes. We will provide them with resources and help with additional educational measures.
- **1,976 people** were provided **multi-vitamins** and **4,241 people** were provided **micronutrients**. This year we were also able to give **4,359 people a donation of fortified rice**.
- **6,137 people** received **donations** (school supplies, small toys, hats, work gloves, aprons, etc). This may not be life-changing but definitely provides a lot of joy to the families! It seems we always run short of donations!

Will you volunteer on a team in 2019?





In 2018 we had **336 extractions, 24 fillings and 54 dental cleanings.**

We normally have been doing mostly extractions in the villages but wanted to give the children the opportunity to save their teeth if they weren't too bad yet. This year a donor provided us with the funds to purchase a dental unit that can be used to repair teeth and we were able to start using it in the summer.

For 2019 we have been provided the funds for another chair and cleaning unit. Our hope is to be able to continue to help more children by providing preventative dental care.



In each community we look for families in need of a cement floor for their home. By providing a cement floor, it gives each family a way to clean their home more easily, keeping a healthy environment and ending the cycle of intestinal parasites. In 2018, we provided **112 cemented floors** for families. In these homes, 251 adults and 272 were benefited by this gift. In addition, we provided **37 water filtration systems** to help families with access to safe water.



Help Us Send Supplies to Honduras!



Our goal for the fall is to send a 40 ft container of supplies to Honduras to use in our communities. We are in need of donations to send as well as financial donations to make this happen. It costs about \$10,000 to send the container (shipping and customs). Please consider helping us with this donation. If you would like to donate items to send the container, check out the wish list enclosed.

Join us!

Healthy Niños Honduras

Inaugural Banquet & Silent Auction

Saturday, November 10, 2018

5:30pm

At Quakertown Christian School
50 E Paletown Rd, Quakertown, PA

Suggested Donation: \$30/person

Reserve your seat by contacting Dr. Herman at 267-377-5058 or office@healthyninos.org. Registration also available online!



Help Healthy Niños Honduras continue to make a difference in the communities it reaches . . . putting smiles on the faces of children and giving everyone a chance to survive and live a healthy life!

Evening includes a hot, buffet dinner, a chance at winning Silent Auction items and an opportunity to hear an update about Child Survival Programs!

Contact Us:

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Our Vision Statement:

Healthy Niños Honduras' vision is to be a network of resources, for children and communities of Honduras, surrounded by adverse environments, to facilitate survival, as well as development of their full potential.

Healthy Niños Honduras is in the process of obtaining 501(c)(3) status. All donations will be given a tax-deductible receipt that can be filed once status is granted.
Pending 501(c)(3): 82-2926833

Follow us!



@Healthy Ninos Honduras



@healthy_ninos_honduras

You were sent this mailing because you were interested in the work of MAMA Project. If you wish to be removed from future Healthy Niños mailings or wish to only receive mailings via email, please contact us at office@healthyninos.org or 267-377-5058. Thank you!