



# Healthy Niños Honduras

Vol. 2 Issue 2

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*A Continuation of the work of MAMA Project in Honduras.*

## Our Mission Statement

*The Healthy Niños Honduras mission is to establish a network of partnerships throughout many sectors of society and organizations that are willing to join together and participate with initiatives and programs that offer healthy alternatives to children and communities in Honduras, as well as hope for a sustainable future.*

## Healthy Niños Honduras Contact

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

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!



## Everyone wants to be a superhero.

Saving lives and fighting for justice is the action of legends. I serve on the board of Healthy Niños Honduras because that is what we are doing. Together, we are **saving the lives of children and changing families**. As we do that in the name of Jesus, we are also **planting seeds of faith and calling families to faith in Christ**.

God led me to the work at Healthy Niños Honduras. I joined the board at a time when my gifts were able to be used. I don't think that timing was a coincidence; it was God's leading.

Healthy Niños is continuing the work that began in Honduras under MAMA Project. MAMA Project was our mother. Like our own families, there is a time that a child grows and is ready to be on its own. With the emergence of Healthy Niños Honduras, we are better organized and prepared to continue to serve the children and families of Honduras.

I joined the Board because I wanted to make a difference. Healthy Niños Honduras is saving the lives of children while proclaiming the Gospel of Jesus; making whole the physical and the spiritual lives of those God has called us to serve. That's quite a difference and that makes me feel like a superhero.

Wanna be a superhero too? Come serve with us on a team to Honduras. Join us with a financial gift. Volunteer with us with your gifts. Pray for the work, for God's guidance, and blessing on the work in Honduras. Together we are saving lives of children and announcing the healing power of Jesus. That sounds like the work of superheroes to me!

*Randy Nyce has been on the Board since 2015 and as the Board President since 2016. Randy works as the Stewardship Consultant at Everence in their Souderton, PA office and recently received the Presidential Stewardship Award. Randy and his wife, Juanita, live in Souderton, PA with their son, Garrett.*



*Leandra brought her granddaughter, Bessy, to the Nutrition Center. After one month of treatment, Bessy is gaining weight and improving tremendously, including having less pain.*

*Leandra and her husband share, "We are thankful for HNH, the donors who make this possible, because we, as poor people, cannot always give food to our children."*



## God's Timing is Perfect!

Many years ago while I was wandering through life with no hardships, I suffered a deep blow to my heart. Shortly after I lost my only brother, I also lost my mother, who I admired the most, taught me to fight to achieve my goals, and taught me to be who I am now.

At that precise moment I thought that my life was also going to end. A few days later, God touched my heart and said, "Come, you are not alone. Give me your hand and let me guide you to a place; I have a lot to show you and many plans that I have saved for you." He told me, "I will teach you to see the world differently and not lose faith in man. I will give you the ability to forgive and give you power in my name to save the lives of many people."

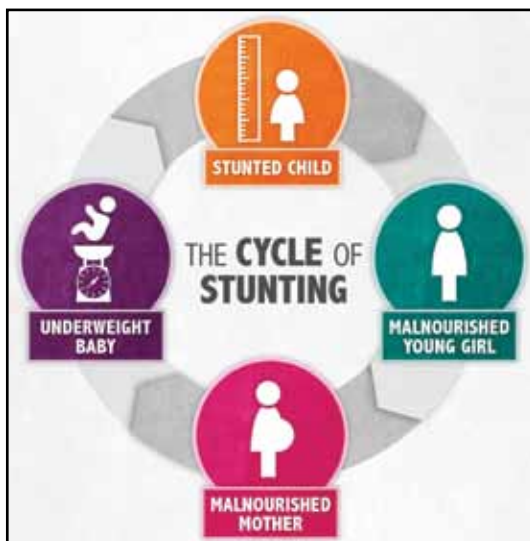
That's how one day I arrived at the Nutritional Rehabilitation Center. However, I, reluctant, defiant, and even blinded by the pain, decided to leave that place full of special people because I still had so many sad and painful memories. I thought, "I'm going away and will never return."

It was then, when God with his infinite love and mercy, gave me a new opportunity to return and integrate in the plans that He patiently kept for me. He sent me one of his angels to tell me, "Go back to your place of origin. There is a lot of work to do there and you are part of it." I had a lesson to learn: no matter how far I was from my hometown, my wound would never heal if I continued to harbor those bad memories in my soul, in my mind, and refuse to deal with what was truly important, which was to praise the Lord.

The lesson that God gave me was very impressive: no matter how far or deep our wounds are, if we trust in Him, awesome things will come into our lives and we will be filled with joy. I now have the happiness of being called mom by two beautiful children that I love very much and have my partner by my side who is always with me in good times and bad. Likewise, God has surrounded me with many mothers and children with whom I can share experiences that, in one way or another, will mark our lives forever.

I also have the enormous privilege of being part of the "lifeguard team" of Healthy Niños Honduras, saving lives! I am able to do what I enjoy the most and the greatest thing of all is being able to have the happiness of serving God by serving others. I am very lucky for the people who have come to my life through the work that we do, many who have left an unforgettable mark on my life.

*Mary Monterrosa has worked as the Administrator in Honduras for almost 10 years and recently completed her Diploma and License in Business Management. She coordinates all of the mission team work as well as oversees the finances of the organization. Mary lives in San Francisco de Yojoa with her husband, José, and sons, Michael and José Jahir.*



## The Cycle of Stunting

This graphic produced by Concern USA, shows the cycle that Healthy Niños Honduras is working to break in families.

Stunting not only means that the child physically will not reach their maximum height, but stunting has also been shown to cause four times the likelihood to die in childhood, reduce IQ, and less lifetime income.

### What Causes Stunting?

There are many factors that can cause stunting including lack of food or lack of nutritious food for long periods of time, poor drinking water, how a child is cared for, and proper health care.

### Can Stunting be Reversed?

The most important time is during the first 1,000 days of life (conception to age 2), but helping a child after that time period has also proven to be successful.

### What is Healthy Niños Honduras Doing to Prevent Stunting?

The Nutrition Center includes educational times where mothers can learn about healthy hygiene and other habits that can break this cycle. HNH also has community trainings in addition to providing medical brigades to 60-80 poor, rural villages. By continuing to educate and bring resources to these villages, HNH hopes to break the cycle of stunting and eradicate malnutrition!

## A Hope for a Better Future

Olga and her four children came to the Nutrition Center. As most mothers are, they come nervous about the unexpected. Will they fit in with the other families? Will they feel welcomed? Is the time at the Nutrition Center really going to be worth it? Will they leave with anything more than what they came with?

Her family is pictured right: Delia (age 12), David (age 8), husband, José Antonio, Olga, Lastenia (age 6), and José Antonio (age 14).

After one month at the Nutrition Center, they could see the improvements their children were making. Each Sunday, the families can invite loved ones to visit and the fathers usually take advantage of this day to see how their children have grown.

José Antonio shares about how much he loves working on his home farm. He tells Karin, the Healthy Niños Director, “I want to share a portion of my harvest because I’m so grateful for all of you. I will give you some plantains and some yuca. I have also brought some chayote (similar to a summer squash), so that we can plant some here for the families. I have seen my children enjoying their time here. I am very grateful for you and ask that God can continue blessing the work that you are doing. I would like to help with the little that I can. I send a blessing to those that help the Nutrition Center, that touch each of our hearts.”

Later in the afternoon, the mothers and families at the Nutrition Center went down to the garden to plant the donated chayotes. As part of the program, the families learn about planting and harvesting their own healthy food and the chayote is a welcome addition.



After working in the garden, the mothers and children walk cheerfully back to their home away from home, the Nutrition Center. Our continued prayer is that we can help each of the children that come to the Center; to allow them to return to their homes in better health, strength, and knowing that there are many who care for them, including Jesus!



## Healthy Niños Honduras Has a New Office

Recently Healthy Niños Honduras was provided the opportunity to rent some office space with Electro-Mechanical Integrators in Green Lane.

We are grateful for this space provided. Now we are looking at the possibility of also renting warehouse space in the same building. This would allow us to have all of our operations on the same property.

All are welcome to visit Dr. Herman in the new office or to drop off donations at: 1 North Second St, Suite 2, Green Lane, PA 18054. Office hours are usually 8am-3pm but it's always best to call first as Dr. Herman sometimes is out of the office, at presentations or at the warehouse.

If you feel led to help us with the cost of renting warehouse space, (to receive, store, and ship donations to Honduras) please consider making a donation and mark "warehouse" on the memo line of your check.



**We are grateful for the support we've been provided as we started Healthy Niños Honduras, continuing the work of Child Survival in Honduras!**

**Here are a few ways you can help Healthy Niños Honduras save lives:**

### **Donate Material Donations:**

School supplies, stuffed animals, small cars & trucks, hygiene materials and more! Contact Dr. Herman to arrange delivery of donations to the warehouse. We would like to send a shipment to Honduras in the fall of 2018, if we have the funds to do so. Global cost of a shipment is \$10,000.

### **Join a Mission Team:**

Teams are organizing for 2019. Contact Dr. Herman if you're interested in joining or leading a team!

### **Pray for the Programs:**

We are greatly appreciative of our prayer warriors who keep our work before God. Please pray for our Staff, our programs in Honduras, our financial needs, and the many communities that we reach. Pray that we can continue to be Light to many!

### **Make a Gift to Healthy Niños Honduras through your Will:**

Healthy Niños Honduras and MAMA Project are now two separate organizations. If you would like your gift to support the work in Honduras, ensure that Healthy Niños Honduras is included in your will.

### **Donate Financially:**

**By Check to Healthy Niños:** PO Box 53, East Greenville, PA 18041  
**OR** Donations can be made **online** at [www.HealthyNinos.org](http://www.HealthyNinos.org)

**Contact Dr. Herman at Healthy Niños:  
267-377-5058 or [herman@healthyninos.org](mailto:herman@healthyninos.org)**