



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



*(Above) The DRE Team stops for a photo at the airport. Barb is pictured in the blue HNH shirt.*

*(Below) The DRE team prepares for the week's brigade by counting pills.*



## What Calls Us Back to Honduras Again and Again?

I don't think anyone would have envisioned, when Deep Run Mennonite Church East (DRE) sent our first two teams to Honduras in 2001, that we would still be sending two teams each year almost 20 years later, having just sent our 38<sup>th</sup> team in May! We keep a running list of the persons who have been team members- it is over 180 different people. Some of us have gone many times, and some just once, but we have all been impacted.

It's fun today, to look back on the path God has led DRE in our involvement in Honduras. I was on the DRE Mission Commission when we started to talk about sending a team to Honduras with MAMA Project. When I look back at that first trip, I have to smile- we were so naïve and unprepared! We all got sick (we didn't have Isabel to cook for us then) and slept on air mattresses in the new mission house that had just been built. Our eyes were shocked open to the poverty and things we saw, but at the same time we fell in love with the people, especially the children at the nutrition center. We worked hard and felt blessed to serve...and we wanted to go back the next year.

After that first trip, I joined the MAMA Project Board. It was a good way to be connected to the work continuously and to learn more about preparing teams for the experience. Our teams brought excellent medical help with good doctors and nurses joining us, but many strong backs joined us too and we became renown for the cement floor work, our record to date of 49 floors in five days (442 bags of cement)! The Honduran staff of MAMA/Healthy Niños has evolved over the years too, with qualified, caring, strong leaders in Karin, Mary, Rosa and Felix. They have a big responsibility caring for our teams, and we appreciate their hard work planning ahead and preparing the communities/floors for our week and also keeping us safe and healthy when we are in Honduras. Over the years, our teams have been blessed to have many well educated, bilingual Honduran young people join us as translators.

So why do we keep coming back...Is it the challenge of beating our record on the number of cement floors poured? Is it Isabel's cooking? Is it the beautiful country of mountains and tropical foliage? Is it all the laughter while counting pills each evening recounting memories of prior trips? Yes, it is those things, but on a deeper level it is the relationships we have built, the friends we have made, the partnership with the Honduran people to help their country, the smiling, appreciative, beautiful folks in the communities, seeing their joy despite their living conditions (it gets my priorities in order every time!). These are the heart-tugs, knowing we are called to go and serve the "least of these" as Jesus says in Matthew 25:40 and working with Healthy Niños gives us opportunity to be fully engaged, free of the noise in our lives for one week, to serve!

So join a team, but be prepared....it may become a recurring event!

*Barb works as a financial consultant for Navaid Management. Barb serves as the HNH Board Treasurer. In addition, she is on the Everence Federal Credit Union Board, DRE Mission Commission and Quakertown Christian School Board. Barb and others at DRE manage a nonprofit organization, Children Without Choices, which provides support to medical cases in Honduras. Barb and her husband, Jake, live in Quakertown, PA. They have one son, Eric.*



## Impacting the Health of Others

Back in 2001 I began employment with Valley Medical Center as a sophomore in high school. Because of the close proximity to the MAMA Office, I learned all about the mission and my heart was always drawn to the work that I would hear about taking place in Honduras. During high school I attended Dock Mennonite Academy where, as a senior, you need to spend a week either doing job shadowing or service as a requirement for graduation. It was the desire of my heart to bring a group of students down to Honduras to serve with the MAMA Project. After coordination and planning, I took my first trip to Honduras in January 2004 with 10 other senior students from Dock. The week in Honduras opened my eyes and my heart to international missions and service. At the heart of it, we are all people and we do not get to choose where we are born or where we grow up. Many people in Honduras and around the world, lack basic day to day necessities such as food and clean water and access to medical care. Healthy Niños strives to bring those dire needs to hard-to-reach communities across Honduras while sharing the love of Jesus. In my eyes, there's no greater joy than being able to serve in that way.

After returning home after my trip in 2004, I always hoped that one day I could return to Honduras to serve. Fast forward 12 years to 2016. God placed a strong desire on my heart to return to Honduras. And I'm so glad He did. The past three years I have been the team leader for groups in the Western Maryland region and particularly through my church, Crossroads Church. While there were 13 years in-between my first and second trips to Honduras, my passion to serve only grew stronger. Healthy Niños has become an incredibly organized program. I can't explain how much it touches my heart to have the opportunity to serve the people in Honduras and to serve alongside their Honduran staff. As a nurse,

it is even more gratifying to experience the access to healthcare that is provided when teams come down to serve. In fact, it impacted me in such a way that I made the decision to return to school to become a nurse practitioner so that, I, too can provide medical care that is so needed in Honduras. Honduras is full of natural beauty, but beauty from the people as well. They have big hearts despite their lack of material resources and it is a good reminder that the most important things in life are people, not things. I am so thankful to be involved with an organization that is directly impacting the health and well being of Hondurans. God willing, I hope to return to Honduras for many years to come.

*Laura is a RN and works at Mountain Laurel Medical Center in Oakland, Maryland as the Quality Improvement Coordinator. She also volunteers with the communications at HNH. Laura resides in Western Maryland.*

## Helping Children & Families in Need

Marta shares about her gratefulness for the visiting brigades:

*We are very happy with the brigade because it helps the health of our children. They have showed us how to feed ourselves better, the treatment of water, and how we should stay away from the items that aren't healthy, like soda and chips.*

*The educational talks are very good because as housewives we don't always give importance to cleaning the house or hygiene or, more than anything else, the water because it transmits many sicknesses. I like how HNH brings the buckets for the water treatment system. They also provide healthy floors for the people that are extremely poor, whose children are walking around on the dirt floors. The people just can't provide the floors for themselves. For this we give thanks to God for the many years that HNH has been visiting us.*



*We have seen changes in the health of the community with the visit of the brigade, with all that HNH brings us, and from what you teach us. We know that it doesn't do anything for HNH to come and teach us, if we don't want to learn.*

Maria, pictured right, also shares about her experience with the visiting medical brigades from Healthy Niños Honduras:

*The brigade has helped us a lot because when I came to the first one my daughter was only 8 months old and at the brigade they told me she had asthma. They told me to take her to the hospital. I was able to and she started getting better. Now my daughter is 7 yrs old.*

*The brigades provide very good medicines that help with all of our sicknesses: antibiotics, indigestion, pains and fever.*

*I am very thankful because the brigades have benefited my family and many others. Because we do not have any money, we are very happy when the brigade comes. If we need to go to the Health Center, it is too far away.*



## CELEBRATE with HNH!

IRS has granted 501(c)3 non-profit status to Healthy Niños Honduras! All donations as of October 2017 are considered tax-deductible.

**Help HNH continue to bring assistance to poor, rural communities of Honduras through your donation today!**

As a recognized non-profit, you can now also donate through Amazon Smile, Mennonite Foundation, Guidestar (Network for Good), other Charitable Donor-Advised Funds or check with your employer to see if they will match a gift!





# Cementing a Floor Changes a Life

Felix arrived in the Community of Quebraditas, Honduras, to meet with Yunior, a 23 year old man, to offer his family a cement floor during the next visiting brigade.

Yunior shared, "It is a help from God that he is sending you to us. He has put you in our lives to help us. For this we feel very grateful.

When I told my wife the news, she couldn't believe it. I am so happy because it's such a big help. Our finances are low right now and there's only just enough for the food and things that our 2 year old child needs."

With your support of about \$200, we can help families with this simple, yet life-changing, gift of pouring a new concrete floor. HNH also provides a new water filtration system for about \$30 each to each family that receives the new floor.



## Contact Us:

Dr. Herman Sagastume  
Executive Director

Herman@HealthyNinos.org  
267-377-5058

Amanda Sagastume  
Director of Community Engagement  
Office@HealthyNinos.org

## Mailing Address:

PO Box 53  
East Greenville, PA 18041

## Office Address:

1 North Second St, Suite 2  
Green Lane, PA 18054

[www.HealthyNinos.org](http://www.HealthyNinos.org)

## Follow us!



@Healthy Ninos Honduras



@healthy\_ninos\_honduras

Healthy Niños Honduras is a 501(c)(3) non-profit. All donations are tax-deductible and a receipt will be provided..  
501(c)(3): 82-2926833