



Who is Healthy Niños Honduras?

MAMA Project began over 30 years ago to build a 'wall of protection' around children born into adverse environments. Since then, the work has grown to include a vibrant program in Honduras and child survival work in other parts of the globe.

The success of the work has led to the birth a new organization to focus exclusively on the work in Honduras. Healthy Niños Honduras, under the direction of Dr. Herman Sagastume, will continue the work in Honduras organizing service teams/health brigades in Honduras, and running the Honduras Rehabilitation Center.

Your support is changing lives through the work of Healthy Niños Honduras. Thank you for your faithful support of the work in Honduras!

The work of Healthy Niños Honduras includes:

- **Nutritional Rehabilitation Center:** The Center houses children with malnutrition, giving them the medicines needed as well as educating the families in health & hygiene practices. HNH typically helps around 60-80 children a year, giving them the ability to survive & thrive!
- **Service Teams:** 12-15 teams travel to Honduras each year to serve in poor, rural communities, providing medical care, education & pouring concrete floors for families in need.
- **Community Education:** When visiting the communities, the HNH Staff teaches various topics, including the importance of deworming, adding micronutrients to food, and filtering water for consumption. Also, periodically the Staff meets with community leaders to teach them more about helping their villages and overseeing successful community projects.
- **Deworming Programs:** HNH will continue to supply deworming medicines to the people



The Staff in Honduras will continue to work in the poor, rural communities of Honduras, under their new name of Niños Saludables Honduras as of January 2018.

in the communities they visit and other organizations in similar work throughout Honduras.

- **Donating Medical Equipment & Supplies:** Ultrasounds, EKGs, blood pressure cuffs, and more are donated to other organizations or public clinics for use in helping people in poor, rural communities.

The Nutrition Rehabilitation Center Makes a Difference in Many Lives!



Delmi spent 6 months in the Nutrition Center with her 4 children. She shares about her experiences:

When I arrived at the Center I felt weird, like I didn't want to stay but then I got used to it there and thank the Lord that I stayed and felt very calm.

I thank God that, not only did my children receive the help they needed, I also received help in regards to everything in my life: my children, my food, everything! I am very thankful and grateful that the right doors opened for me to be able to come [to the Center]. I give thanks that my children are all okay now and I also have less headaches.

I like everything that I was taught: how to cook, how to clean everything, how to take care of my children. My time at the Center has helped me a lot. My husband also says that he's grateful to see that his son is walking and growing and has recuperated well.

When the Staff arrived at Delmi's house to bring her family home, her husband was elated. He had been working hard at putting into practice many of the things his family had learned while at the Center. He built a bathroom for his home and started a garden! This family is set for a more successful future!



Norma proudly shows her home to the HNH Staff when they visit the family after their time at the Nutrition Center.

Norma and her husband, José, have three girls and are pregnant with their fourth child. She shares about her pregnancy saying that she has yet to go to a doctor but that's typical, as she's never seen a doctor during any of her pregnancies. Norma states she only takes her children for their vaccinations once they are born.

Norma spends her day caring for her family. She says that José isn't working either currently because he has been sick. Most days they eat only beans and a little rice, sometimes tortillas. She states casually, and without regret, that that's the way life is. When asked what she does when she can't afford the rice & beans, she says she gets baby bananas from José's parent's land. Norma continues sharing about their hopes of making an oven one day.

Her husband plans on working when the sugar cane harvest begins soon. During that season, there is no shortage of food!

During her time at the Nutrition Center, Norma says she learned a lot. She learned about important food in the diet, most of all. Norma says where she lives in the mountains, they don't receive a lot of education so she was appreciative for all that she learned. Marina, the HNH cook, taught them how to make and try new foods: plantains, watermelon, canteloupe. At home, she only eats rice, beans, and tortilla.

Norma closes by saying that when she went to the Center, she didn't know what to do, the room was so beautiful but everything went well. They enjoyed their time and her daughters became much more healthy during their time there!

After families leave the Center, the HNH Staff follows up with them periodically, making sure they don't need additional assistance or that their kids are not falling into malnutrition levels again.

Donations to Honduras:

A family in the USA unfortunately suffered the loss of a child. As they sorted their child's belongings, they decided to donate a few items to our work in Honduras. Little did they know the difference it would make!

Donations were given to the maternity public clinic in Santa Cruz. Shortly after receiving the donation, the one nurse asked to be excused to use the oximeter on a baby that they were monitoring that day. The Staff told them they were using an oximeter designed for adults and we extremely grateful for the gift!

Healthy Niños distributes medical equipment & supplies to various public clinics throughout Honduras.



12 mission teams and 167
volunteers served in Honduras

64 children in 20 families have been
helped through the Nutrition
Center so far this year

In 2017:



65 communities were visited throughout
the year and provided aid:

4,616 total medical visits
135 floors cemented
4,775 deworming tablets distributed
11,515 people given micronutrients to
use on their daily food

We Need YOUR Help to Continue Our Work in Honduras!

Attend a Fundraising Event:

Golf Outing
June 8, 2018
Butter Valley Golf Port
Bally, PA
7:30am Shotgun Start

Mission Team Reunion with HNH Staff
Summer 2018*

Annual Banquet & Silent Auction
Fall 2018*

*Additional information to follow. Check
website periodically for details and updates.

Join a Mission Team:

Teams are forming for 2018
Contact Dr. Herman if you're interested in
joining or leading a team!

Donate Financially:

By Check to Healthy Niños
PO Box 53, East Greenville, PA 18041

Online Giving Coming SOON!

Consider Supporting Healthy Niños for your Christmas Gifts This Season:

Give a Donation
We'll send you a card to give to
the Gift Recipient!

Collect Material Donations
School supplies, stuffed animals, small
cars & trucks, hygiene materials are all
collected to send to Honduras in the new
year. Consider donating items in lieu
or in addition to gifts!
It's a great family project!

Contact Us!

Dr. Herman Sagastume
Executive Director
Herman@HealthyNinos.org
267-377-5058

Amanda Sagastume
Director of Community Engagement
office@healthyninos.org

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

Healthy Niños Honduras
PO Box 53
East Greenville, PA 18041
www.HealthyNinos.org

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the work of MAMA Project. If you wish to be
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office@healthyninos.org or 267-377-5058. Thank you!*