



Jordy and His Hope for a Better Future

On my trip in May 2023, I accompanied a group of Moravian College students for a few days, and we met 4-year-old Jordy who was admitted to the Nutritional Rehabilitation Center for malnutrition. Jordy had spontaneous hugs and displays of affection towards us. **Over the years I have seen many, many children admitted to the Center, and I thank God that we can help them in their recovery process.** I returned home and I was always thinking about Jordy, so I decided to look for and pack some toys, shoes and other things for him and his brothers.

At the end of August '23 I traveled again, and we decided to visit Jordy to follow up on his nutritional recovery. I was able to see him, he recognized us and he gave us some hugs; his recovery process continues well. The moment came when I was able to give him the box with different toys. He and his brothers couldn't believe what they were seeing and touching, they had never had so many toys! His happiness was uncontrollable. **These moments reminded me of much of my childhood where we did not have access to toys due to my parents' low income, and now I was bringing joy to this family.**



I thanked God for giving me this opportunity to see Jordy after leaving the Nutrition Center. His parents were grateful for the help we gave them. This year through August, **we received 80 children into the Nutrition Center.** This had been the highest number for many years, but we will blow past it this year and be able to help more children.

With the teams from the USA that visited this year, **we were able to evaluate more than 2,700 children in the communities, of which 50% are malnourished.** It is a sad reality, but in the midst of all this I thank God for the support from all of you. With your donations we are able to make it possible for children like Jordy to have hope for a better future. We can also continue to recover many more children in the communities.

*--Dr. Herman Sagastume
Executive Director*

¡Bienvenida a Honduras!

Traveling for only the second time outside of my home country, I was so excited and nervous all at once. It was overwhelming at first; finding myself in an unfamiliar place surrounded by a language I was still learning. However, my discomfort slowly melted away throughout our action-packed week, helped a lot by my lovely, kind coworkers—my new friends!

Our week here was more than eventful. Between unloading our latest shipping container, meeting amazing people from the local communities and learning about everything that makes Healthy Niños en Honduras function, I had more than enough experiences to fill the rest of this newsletter. Thankfully, the team and I were able to take some much-needed time to unwind with some spectacular visits to local attractions. Hiking through a jungle, swimming in the Caribbean, and zip-lining over the tallest waterfall in the country were, in my opinion, the best ways to get to know this nation's exquisite natural beauty.



By far, my favorite part of this trip was learning about our amazing staff and finally being able to meet and talk with them in person. We have a top-tier team of doctors, administrators, liaisons, and maintenance experts who keep the organization running at full speed, and it was helpful for me as a new employee to see first-hand how they run the show.

Everyone should have this opportunity to dive outside their comfort zone and experience cultures different from their own. Not only for the fun of it, but for the chance to learn and grow in the appreciation of the beauty of differences. I hope to see you on one of our teams sometime!

--Alena Duncan

Alena joined the HNH team in May 2023. As the Program Coordinator, she organizes the logistics for the US service teams, as well as oversees communications and our warehouse. Contact Alena at office@healthyninos.org if interested in leading or joining a service team!

¡Espero verte allí pronto!

Celebrating a Successful Year of Clean Water

This year our goal was to donate **1,000 water filtration systems**. Thanks to your donations and support we managed to reach this goal in 6 months, and we continue to donate more systems to more families who need access to safe water that will prevent many gastrointestinal diseases. This translates into a better future for children and families in the most remote communities in Honduras.

Another achievement of this year is the installation of a water purification system that will help us improve the quality of water from our well. This will make it easier for us to bottle water and distribute it free of charge to the families of the Nutritional Center, schools and poor families in the San Francisco de Yojoa area. We thank “Living Water For The World” and other donors for their tremendous support.

You can supply a family with clean water for 60+ years! One donation of \$40 purchases a lifelong water filter for a Honduran household. Join the fight against water-borne parasites today!



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Follow Us!



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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

Looking Back: Our 2023 Achievements

With the help of the groups that carried out medical and construction brigades in the remote communities of Honduras, Healthy Niños was able to accomplish the following:

- **6,012** people treated in medical brigades
- **5,000** doses of Vitamin A distributed
- **1,352** people provided with dental care
- **1 million** deworming tablets distributed
- **3 million** doses of prenatal vitamins distributed
- **5,000+** pairs of shoes distributed
- **20** pallets of clothing distributed
- **87** concrete floors constructed



Would you consider partnering with us this holiday season to do even more next year?

\$10
provides
vitamins
for a year

\$40
provides
clean water
for life

\$50
provides
food for a
month

\$250
provides
a concrete
floor

\$500
provides a
pallet of
donations

\$1000
provides a
Nutrition
Center stay

Thank you for your support as a valuable member of the HNH team. We are so excited to see our ministry grow next year!