



Healthy Niños Honduras

Vol. 2 Issue 1

Spring 2018

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

Dr. Herman Sagastume

Executive Director

Herman@HealthyNinos.org

267-377-5058

Amanda Sagastume

Director of Community Engagement

office@healthyninos.org

Healthy Niños Honduras

PO Box 53

East Greenville, PA 18041

www.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

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!



A Message from Executive Director, Herman Sagastume:

When I began work with MAMA Project almost 13 years ago, my goal was to serve my country by helping the people in need. Through the years, I'm grateful for all of the people that I have met, the experiences I have had, and, most of all, the communities that we've transformed in Honduras. It is always exciting to hear more stories about the lives that were saved, children who otherwise would not have been able to live to their full capability if not for the work of MAMA Project and now Healthy Niños Honduras. As the Executive Director of the new organization, I pledge to continue the good work that MAMA has been doing in the lives of the children and families in Honduras through the Nutrition Center, community education, deworming programs, and visiting mission teams. **I invite you to be part of this journey as well.** Together we can continue to "offer healthy alternatives to children and communities in Honduras, as well as a hope for a sustainable future"!



The Honduras Board of Directors gathered for their Annual General Assembly in early January 2018 to report on 2017 activities and discuss the plans for 2018. We look forward to working together to provide assistance to those in need in Honduras.



A Message from Karin Timpel, Director in Honduras

In my time with MAMA Project and now Healthy Niños Honduras, the children with malnutrition that come to the Nutrition Center have marked my life. According to their families and their community, the children were lost cases, children that were condemned to a life of exclusion and death due to their sickness. We are able to witness the change in their lives as they receive assistance at the Nutrition Center, their gained energy and confidence as they recuperate. It is gratifying to see the change in the children and their families and encourages our Healthy Niños team as we continue to help more children with malnutrition.

I am proud to be a part of HNH and know that our work supports growth and improvement in all of the areas of impact, serving children with malnutrition in our country.

Marina Garcia, Nutrition Center Cook & Educator in Honduras

Marina has served with MAMA Project & Healthy Niños Honduras for about 15 years. Through this time she has been the cook at the Nutrition Center, providing 3 meals each day plus snacks to the families recuperating from malnutrition. As part of the meal preparation, Marina teaches the mothers about nutritious foods, including adding micronutrients to their food.

Over the years, Marina has seen more than a thousand kids come through the Nutrition Center. The families recuperate and then return to their homes & communities, with better nutrition & more education on how to prevent malnutrition again.

Recently when Marina was in a local community, a young adult about 20 years old greeted her. She did not recognize the youth but he then shared that he had been at the Nutrition Center about 10 years prior. He reminisced with Marina about his time at the Center, sharing that he remembers the care he was provided during a time when he was very sick. He stated that without the help of the Staff at the Nutrition Center, he can't imagine where he would have ended up or even if he would have lived past his childhood.

Whenever the Honduras Staff are able to follow-up with a family that was at the Nutrition Center previously, they are encouraged to see their improvement. Although the work can be hard and tiring, we believe that every child should be given an opportunity to survive and thrive past their childhood.



According to the World Food Programme, nearly half of all child deaths are related to malnutrition.

Undernourished children who survive their first 5 years of life are likely to be stunted and not reach their full mental and physical potential.

Programs like Healthy Niños Honduras's Nutrition Center provides assistance to families who need it most! Your donations can help provide nutritious food and education to families with children who are undernourished.

Help every child have the opportunity to survive and reach their fullest potential!



Community Education in Honduras

Gathered in the community of El Calichito, a group of housewives received the benefit of the Healthy Niños guinea hen project. They were given 20 small chicks and were trained on how to take care of them. The women continue to maintain their flocks and now the hens are laying eggs, which have been added to the school snack twice a week. They have also distributed eggs to other mothers in the community.

They shared about the project to their local government about the experience of raising guinea hens and have been congratulated and motivated to move forward. The women plan on sharing with neighboring communities in the near future as well.

The women of El Calichito have expressed gratitude for the project because it has been very important for the community, especially for their problems in the nutritional area as many children present malnutrition.

Healthy Niños will continue to train more communities about important health topics, including the guinea hens, water filtration systems, and preventing malnutrition. Together we can transform the communities of Honduras one by one.



Mission Team to Honduras

Each year Healthy Niños Honduras sends 10-15 teams to serve in poor, rural communities. 2018 is no different. The teams are important to the community work, providing medical brigades and cementing floors in the homes of the elderly or poor.

Recently a team in Honduras shared the following insight during their closing meal:

We can send a check to support the program. But I feel I provide even more love and support when I'm able to personally help those that are in need. God has asked us to be His hands and feet and take part in the work that He, with His infinite love, has delegated to us.

We are grateful for each volunteer that serves in Honduras but in reality, we can only continue the work that we are doing with the help of everyone: **those that support the work financially, those that support team members to serve, those that donate material aid for distribution, those that pray for our work.** Together we are the hands and feet of Christ and will continue to do the work that He calls us to.



Thank you for your contributions to help the children in Honduras!

Donate Material Donations:

School supplies, stuffed animals, small cars & trucks, hygiene materials and more!

Join a Mission Team:

Contact Dr. Herman at 267-377-5058 or herman@healthyninos.org if you're interested in joining or leading a team!

Donate Financially:

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

OR

Donations can be made online
at www.HealthyNinos.org

11th Annual Golf Outing

EVENT DETAILS

When:

Friday, June 8, 2018
7:30AM Shotgun Start

Where:

Butter Valley Golf Port
South 7th St., Bally, PA
www.ButterValley.com

What:

4-person "Better Ball" Scramble

INCLUDES:

- ROUND OF GOLF WITH CART
- SNACKS AND BEVERAGES
- CHANCE AT PRIZES
- LUNCH BUFFET

REGISTRATION FORM

Return this form to Healthy Niños by June 1st.

Enclosed is a check for the total amount of
\$ _____ for:

_____ Player(s) @\$100 each

_____ Hole(s) @\$250 (one player included)

_____ Event Sponsor @\$1,200 (foursome included)

_____ Lunch Guest @\$25 each

Name: _____

Company Name: _____

Phone: _____

Email: _____

Please make checks payable to Healthy Ninos Honduras.

Mail to: PO Box 53, East Greenville, PA 18041 or email registration to office@healthyninos.org

For more information or to register online: www.healthyninos.org/golf-outing.html