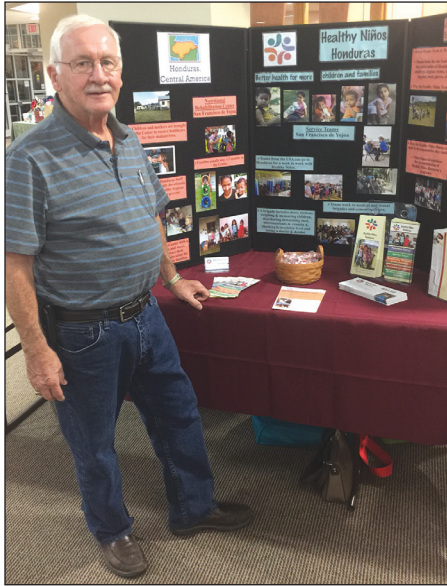




*A Continuation of the work of MAMA Project in Honduras.*



## FINDING A NICHE

A definition of Niche that I like is: 1. a job or position that is very suitable for someone, especially one they like OR 2. an area or position that is exactly suitable for a small group of the same type.

As a youngster growing up on a farm in central Pennsylvania, I often heard the words “if it is worth doing, it is worth doing right” and “if you are going to do something, focus on making a difference.” Little did I realize then the value of those words of instruction, encouragement from my adult mentors and the influence it would have on my life these many years later.

I first was introduced to the country of Honduras, its people and culture, when our daughter, Kate, spent a year, 2003 - 2004, teaching at a bi-lingual school in Juticalpa, Honduras. During several of these visits I experienced firsthand the many opportunities to become involved outside of my comfort area.

Then in June of 2012, I again had the opportunity to visit Honduras when our son, Matt, daughter-in-law, Kelly and their children were exploring opportunities to participate in some forms of mission ministries. Then MAMA Project and now Healthy Niños Honduras provided such an opportunity.

I was then encouraged to join the Board of Directors. Yes, I had the usual excuses and questions: Do I want to do this? Do I have the time? Do I have the necessary skills to be effective? (Sound familiar?) One of the significant programs is receiving and sending various donations to Honduras annually through a shipping container. With my warehousing, transportation and logistics experience, my niche materialized.

Our most recent endeavor was relocating to a more suitable warehouse location for receiving, packing, inventorying, storage and shipping of these donations. Due to the generosity and support of Todd and Janelle Ferrence, via their company Electro-Mechanical Integrators, we now have a temperature-controlled environment with access to loading docks, fork lifts and other warehouse equipment that makes this process easier and more efficient. On November 19, 2018 we loaded and sent our first HNH container destined to San Francisco de Yojoa, Honduras. We were assisted with this loading and shipment by 8 adults, 3 teenagers and a nine-year-old and completed the loading process in record time – 2 hours, 15 minutes (previously this would take us about 4 hours). I mention this to illustrate the many ways of participating and that age, skills and resources are not a limitation.



*Continued next page >*

*Wib's wife, Margaret, also serves on the mission teams with him.*



## TEACHER JOINS STAFF IN HONDURAS

The Nutritional Rehabilitation Center in San Francisco de Yojoa, Honduras helps approximately 75-100 children each year as they recover from malnutrition. Due to the severity of their nutrition, families often stay 3-6 months to receive care. While at the Center, not only do we strive to have the children improve in nutrition, we also take advantage of the time together by providing many educational lessons. Some lessons are for the mothers to learn how to have healthy hygiene, how to grow a garden, or how to add healthy foods to their diets. Other lessons are for the children.

Suyapa Calderón Pineda began work at the Nutrition Center in February as the Center's teacher. Suyapa has experience in the Kindergarten classroom and has a desire to continue her studies and sharing her knowledge gained with the children.

Suyapa works with the children to continue their studies so they don't miss anything and can return to their communities

and their schools without any issues. In addition, for those who are not yet in school, she'll start by teaching some of the basics. Suyapa even works with mothers, teaching some how to write their names or read.

In the afternoons, Suyapa teaches handicrafts to the mothers and older children. They can use them in the future in their home or some mothers find the handicrafts as a source of extra income.

Suyapa shares "My experience in the Nutrition Center, although short, is that it is a beautiful place. I've enjoyed sharing with the children during their time of recuperation."

We are grateful to have her join our team as we serve the children and their families while they receive assistance for their malnutrition.

## FINDING A NICHE Continued from page 1

Scripture teaches us that it is more blessed to give than to receive. I have, however, been the recipient of many blessings as well. And I assure you that you too will be blessed by participating with any organization for which you may have a passion. So I ask and challenge you – What is your Niche?

*Wib Zook has been a board member since 2012 and Board Vice President since 2016. Wib works as a transportation compliance consultant for United States Cold Storage Companies. Wib and his wife, Margaret, live in Harleysville, PA and attend Salford Mennonite Church.*



# PREVENTING ANEMIA & MALNUTRITION



*Top: Gredi while at the Center*

*Bottom: While the children are at the Nutrition Center, the families learn about nutritious food and preventing malnutrition. Once children have gained strength, they'll begin to play with the other children, and families learn about the importance of improving gross & fine motor skills as well.*

About 7 years ago, during one of the community medical brigades with a visiting team, a boy named Gredi came to the consultation. At that time he was about 7 years old. He was very pale and the team completed a hemoglobin estimate test that showed he had about a 7. Normal hemoglobin levels for an individual is 14. He was very sick and the Healthy Niños staff took him to the hospital where he was admitted and given a blood transfusion. After being released from the hospital, he spent a week at the Nutrition Center to have full recovery. The anemia was being caused by intestinal parasites.

This year we saw Gredi again. He returned to the Nutrition Center where Dr. Arelys gave him the treatment needed to recover from low hemoglobin again. And, again, the problem was being caused by intestinal parasites. It is a difficult reality for many of the poor families – living with poor sanitation, the lack of safe water and nutritious food. In remote areas malnutrition is often related with intestinal parasites and low hemoglobin. Gredi is one example of this sad reality.

Healthy Niños will continue to educate families about nutritious food and the prevention of intestinal parasites. The staff is currently working on providing a better water filtration system to families in need.

*With your support we'll be able to help more children in very similar situations.*



# FILTRATION SYSTEM



For many years we have provided bucket water filtration system to families and communities in Honduras. We have now begun using a newer system with Sawyer filters. They are much easier to use than our previous system. Thanks to the Moravian College students who donated these water filtration systems for use with many families. Healthy Niños is excited to provide safer water to families for many years.

## THANK YOU, IVAN



Ivan Moyer completed his term with the Board of Directors in December 2018. Ivan served on the Board for 4 years through the transition from MAMA Project to Healthy Niños Honduras. We are grateful for his years of service and his expertise that he brought to the Board. Ivan is passionate about missions and continues to serve on the Board of Directors for Quakertown Christian School. Ivan & his wife, Evelyn, live in Quakertown and attend Rocky Ridge Menonite Church.

*Thank you, Ivan, for your years of service to helping those in need in Honduras.*

Join us at the upcoming

**GOLF OUTING**

**June 7, 2019**

Butter Valley Golf Port

See brochure enclosed for additional information and to register!



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## RENOVATIONS

For years, Isabel has been working with a small kitchen to feed our visiting mission teams. In 2018, thanks to a few donors, we were able to complete a project we had dreamed about for years. We renovated the inside with a small addition and were able to create not only a larger space, but also better airflow. We are thankful for the ability to complete this project and serve many visiting mission teams for years!



## TRUCK PURCHASED

In December we sent an email indicating our need to replace the Hilux pickup truck in Honduras. The truck we had been using had over 500,000 miles on it and was worn out. We are grateful for the response to the request and were able to purchase the truck pictured in January. Felix, pictured with the 2009 Hilux truck, will use it to bring materials to the communities for pouring concrete floors. Thank you for responding to our need so that we can continue to effectively help communities in need.



### Our Vision Statement:

*Healthy Niños Honduras' vision is to be a network of resources, for children and communities of Honduras, surrounded by adverse environments, to facilitate survival, as well as development of their full potential.*

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

Follow us!



@Healthy Ninos  
Honduras



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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](mailto:office@healthyninos.org) or 267-377-5058. Thank you!