



A Continuation of the work of MAMA Project in Honduras.

A Story of Lives Changed

"In Honduras People in rural communities rely on unprotected sources. The rural populace, which does not have access to improved water facilities and infrastructures, is forced to rely on small springs and wells that are not protected. This reliance on natural water sources means that access to water for the rural populace can be difficult during the dry season." (The Borgen Project)

Various factors contribute to this problem of lack of clean water, such as deforestation and the rapidly growing population in cities. In many areas, not only the rural ones, entire neighborhoods will only receive rationed water supplies **twice a week.**



Because of the lack of access to improved water purifying facilities and infrastructures, as mentioned above, the more rural populace is forced to utilize small springs, rivers and wells that are not safe and often carry various **microscopic, but still very harmful, worms and bacteria.**

HNH began to provide a home water filtration system a couple of years ago to help with this major problem affecting the people of Honduras, and it is such a blessing to be able to share this story today.

On a recent visit to the Piedra de Aflar village, Felix was delivering some of these water filtration systems. One of the village leaders approached Felix to express his gratitude, and he made the remarkable comment, "The children in the village don't get sick with diarrhea anymore! They hardly ever have to



visit the center for GI problems like they used to."

Thanks to the water filtration systems providing them safe, clean water to drink, the children are happier and healthier.

That's why we do what we do, and it's thanks to your support that we are able to continue to provide those filtration systems, and in turn, clean water to many of those in need.

Thank you!



A Look Back Into 2021

Despite being in the middle of the pandemic crisis and not having mission teams running brigades, **HNH staff has continued our work in Honduras**. Thanks to your support, HNH was able to bless many children and families with clean water, medical supplies, food, and so much more.

Here are some examples of the impact we have had in the lives of those in need in the past year.

- **128 mothers and 308 children** received care from our Mobile Nutritional Center
- **719** medical consultations
- **455** dental consultations
- **51 organizations and public clinics** received medicines donations from HNH



- **13 organizations** received Personal Protection equipment (PPE)
- **11,425 people** received food donations
- **More than 600 people** now have better environment at home with the concrete floor
- **More than 700 people** have safe water through the new filtration systems
- **And many more!!**



Are you interested in joining a mission team this year?

We have openings for **you** to come serve with us in Honduras the following weeks:

May 7th - 14th

July 23rd - 30th

August 13th - 20th

For more information, please contact Dr. Herman at herman@healthyninos.org

Welcoming New Staff in Honduras!



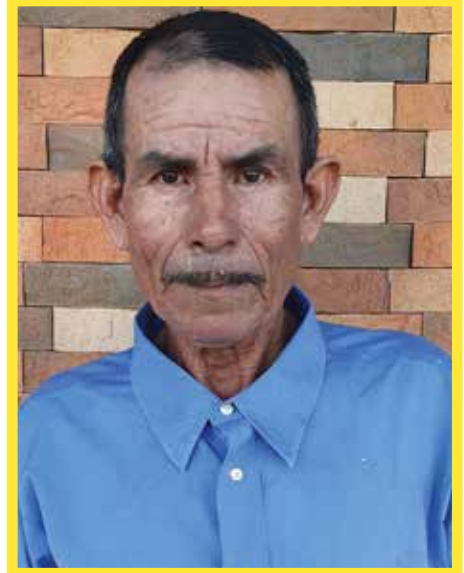
Meet **Andrea Solis**, our new Nutritional Center Coordinator! Since she is a Psychologist, her expertise in understanding people and how we function will help to improve not only the Nutritional Center but also our community work in the brigades.

Welcome, Andrea!!



Meet **Jennifer Pineda**, our new Administrative Assistant! She'll be a great help to Mary Monterrosa, the Assistant Director.

Welcome, Jennifer!!!



Meet **Arcides Orellana**! He has been working temporarily with us for several years helping with and caring for our facilities and gardens, and now he will work with us permanently.

Welcome, Arcides!!!

Leah Landis: A New Face Behind the Scenes

There's also a new U.S. staff member in town! Leah Landis has been going to Honduras through MAMA Project and Healthy Niños Honduras almost every year since she was 7 years old, and now she is going to be working behind the scenes on the very trips she is so familiar with.

Leah Landis was homeschooled for most of her life which gave her a lot more freedom to travel and discover her heart for service. Her parents also helped and encouraged that heart from a young age through service projects in their community, and mission trips around the world. Through the years she has become very grateful for the experiences she's had of seeing from that young age what real need looks like, and when asked, she encourages everyone to seek experiences like that. In her words, **"It really makes you think differently.** From seeing how patient people are as they wait in line all day long in the 100+ degree weather, to seeing their overwhelming gratitude just to see the doctor and receive a Bible, it makes me realize how much we take for granted. **Some of us could definitely stand to take some lessons from them!"**

In the past year and a half since Leah graduated from High School, she's been wrestling with trying to figure out what exactly to do with her life, and where she felt God was leading her. She tried a few jobs, from doing custodial work at her church, to being a Vet Tech, which had been her dream job as a child, but nothing quite fit. **She started to realize she wanted something**

with a little bit more of the freedom she'd had as a child. In an amazing answer to prayer, the opportunity to work with HNH arose, and now Leah is helping with the administrative work for HNH in whatever ways she can, including social media posts, website updates, donation processing, and other communications. She is so excited to be able to follow her dreams of traveling while serving the Lord twofold; **sharing the gospel as she travels with her soon to be husband and their two dogs, while also serving with Healthy Niños.** Maybe her travels will even take her to Honduras again someday!



(Pictured to the left: Leah, her soon to be husband Ethan, and their two dogs, Bucky and Luna, in Letchworth State Park.)

Celebrating an Exciting Milestone for Dr. Herman this Year!



If you've ever met Dr. Herman, you were most likely quickly able to recognize his passion for helping the people of Honduras; a passion that has long been in his heart.

Dr. Herman grew up in Tegucigalpa, Honduras, in a family full of love and joy, but with few resources. He can remember when his grandmother would take him to the health center for deworming medicines, and how good it would feel when the energy returned to his body after he was rid of the intestinal parasites. **As he grew into a young adult, he knew he wanted to study medicine so he could help other people feel better, too.**

As he worked through his studies and began his professional career, he worked in a variety of **public clinics, non-profit clinics and organizations, fulfilling his dream of helping people wherever he went.** No matter where he served, his passion to help his patients was clearly visible as he strived to provide genuine care to all with gentleness and understanding.

In 2004, Dr. Herman and his wife, Amanda, relocated to Pennsylvania, and **the opportunity arose for him to join MAMA Project as the Field Director.** Since then, Dr. Herman's desire to help and serve the people of his country has never run dry. Even now, **17 years later and counting,** he continues to look for the best ways to get every person the quality of health care that he would desire for his own family.

As anyone can imagine, the work can be tiresome, and sometimes feelings of defeat arise due to the sadness of corruption or other various set-backs that are experienced. But, despite all of this, Dr. Herman continues the fight, knowing that as long as the work in Honduras continues to be done in honor of God and in the name of Jesus, **the Lord will work all things out for His best.** Dr. Herman also remembers his commitment from his younger years to help as many people as he can, and **his passion to be God's hands and feet to those who are less fortunate.**

We are excited to celebrate a milestone - **Dr. Herman's 60th birthday!** Will you join us in celebrating? Dr. Herman loves to hear stories of when his efforts have provided a better future for a child or better health for a community, which couldn't be done without the help of the staff in Honduras, and, of course, our generous donors.

We are so grateful to have him serving with us at HNH and we look forward to having him as part of the team for many years to come!



Contact Us:

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

Amanda Sagastume
Business Manager
Office@HealthyNinos.org

Leah Landis
Administrative Assistant
Leah@HealthyNinos.org

Mailing Address:

PO Box 53
East Greenville, PA 18041

Office Address:

(No USPS mail accepted at this address)
1 North Second St, Suite 2
Green Lane, PA 18054

www.HealthyNinos.org

Follow us!



@HealthyNinosHonduras

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