

AMOS HEALTH & HOPE

2010 Report

AMOS Health and Hope (A Ministry Of Sharing)

Mission: AMOS Health and Hope is a faith-based, nonprofit organization with a mission to improve the health of impoverished and marginalized communities by working alongside them in health, education, and development.

Vision: We seek health for all people, a world where no child or person dies of preventable diseases, and effective and empowering health systems.

PROGRAMS

Community based primary health care
Deworming
Healthy Schools
Disaster relief
Patient Care
Delegations, service and learning

Donations to AMOS Health and Hope are tax deductible under Section 501 (c)(3) of the IRS U.S. Tax Code (TIN #27-0837989)

All photos taken by AMOS Project staff or AMOS Volunteers

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www.amoshealthandhope.org

And if you spend yourselves on behalf of the hungry, and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

---Isaiah 58:10

It has been three years since we embarked on this dream of trying to reach out to the most vulnerable people in rural areas of Nicaragua -- to develop alongside leaders in rural communities a comprehensive health care program that would be effective and empowering and would address the basic injustice of lack of access to health care and essential medications for the poor.

From what was just a dream of people like yourselves who had the heart to support us with your time, your prayers, and your financial and physical contributions, AMOS now serves 27 rural community clinics and over 13,000 people with basic primary health care services. We could not carry out our mission without all of us, and we thank you for caring and for making a difference.

This year, Nicaragua suffered from excessive rains and loss of crops, with many families facing hunger and child malnutrition. To address this problem, we facilitated problem-solving sessions with communities to come up with actions they could take to make a difference, and we were inspired by the many men, women and youth in rural communities who responded to the challenge.

Communities hope to develop family gardens and train mothers to help their malnourished children. They want to invest in their future by training their youth and their health committees so that they can better develop and manage their own community project -- an exciting step towards future sustainability and empowerment of communities!

So we look forward to continuing to partner with you this coming year in trying to follow Jesus in reaching out to the most vulnerable people, to support and facilitate community empowerment, and to work toward "health for all" in difficult-to-reach places in Nicaragua.

Blessings!



Dr. David Parajon
Dr. Laura Chanchien Parajon

Co-Directors AMOS Health and Hope



AMOS Program Highlights

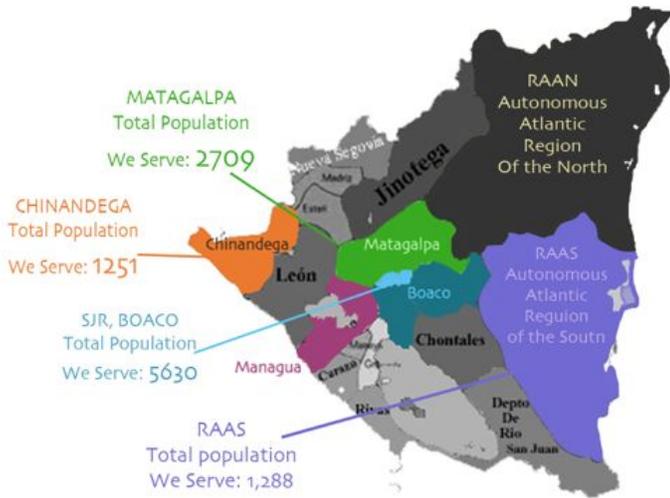


Health by the people and for the people

In remote rural communities, people often have to walk up to three hours to get health care -- which can mean the difference between life and death for a sick child.

To bring health closer to the people, AMOS trains and supports a network of local health promoters and their health committees to provide essential health care services that saves lives, and help the well-being of impoverished communities.

AMOS now works in the Nicaraguan departments of Matagalpa, Chinandega, Boaco, and the RAAS, serving over 13,000 people.



Did you know about these needs? → And how AMOS helped in 2010:

Every day, 20,000 of the world's poorest children die each day of treatable and preventable illnesses, such as diarrhea and pneumonia

→ Trained AMOS health promoters were able to treat hundreds of children for pneumonia and diarrhea, as well as give talks to over 14,000 people on prevention of illnesses

Children who are poor in Nicaragua are three times more likely to die than children who are not poor

→ AMOS health promoters prevented the deaths of the poorest children, doing over 4000 home visits to the most vulnerable people in their communities to assure health care coverage

That the poorest people in Nicaragua have the least access to health care and have to travel an average of more than one hour by foot to a local clinic

→ AMOS health promoter and health committees increased health care coverage by running and managing 27 basic health clinics in their own communities -- some of the most difficult to reach areas in Nicaragua-- and saw over 12,000 patients this year.

That over 50% of people in rural areas lack access to essential medications

→ AMOS provided the necessary medications for the 27 rural health clinics along with trainings and regular supervision to improve quality of care.

That over 50% of all children in Nicaragua suffer from parasite or "worm" infections which can result in anemia, growth stunting and poor school performance

→ AMOS promoters dewormed over 10,000 people and improved water and sanitation to fight against worms.

More than 100 volunteers visited AMOS this year to serve together in rural communities

Thanks from the health promoters of AMOS



Together, we can make a difference



In the rural community of Tierra Blanca, a mother with a sick child has to walk over two hours to get to the community to the nearest government clinic. The rainy season terrain is especially rugged since she would have to cross several rivers, pick through boulders, and hike up and down slick and muddy footpaths while carrying her child.

In past years, children with asthma and other illnesses have died on their way to the government clinic so when the mother of 3 year old Mayra came to the community clinic of Tierra Blanca, she was panicked. Three years ago, the community of Tierra Blanca approached AMOS to train a health promoter who could see patients right in their community. While she only had to walk 10 minutes to the community clinic, she was not sure that she would find help in a clinic run by a health promoter from her own community.

Says Yadira, the health promoter trained by AMOS, "At first the mother just wanted antibiotics, but I could see the child was needing inhalers more than anything else to help her breathing."

Yadira made sure that Mayra had the proper medications, and did home visits for the next three days to make sure Mayra was improving. Today, Mayra's mother is a firm believer in community run health care, and Yadira and other promoters throughout Nicaragua continue to bring health care to some of the most difficult to reach places in Nicaragua.

Health Promoters In Action

"I feel that AMOS is an organization that looks out for the poor, the needy and the abandoned which inspires me to continue working to make things better in my community."

--Arellys Espinoza, Health Promoter of El Roblar



"The trainings help us to help our communities. We need to share our knowledge and keep on going forward." --Elia Eloisa, health promoter of Los Bajos

THANKS FOR ALL YOUR SUPPORT!

And How You Can Keep Helping



We know that in all our communities, there are a lot of problems like too much drinking and family violence. But as youth we can do something -- we can learn more so that we can raise healthy families, and have a better future, not just for our communities, but for all of Nicaragua, if we all work together and participate to make a difference!

-- Jeymi Jarquin, Youth Health committee Member, Las Macias, Nicaragua

We thank you again for your valuable contributions in prayer and financial support, and for walking with us in this journey to try to prevent the deaths of many women and children, and to work towards building community together! Jeymi is one of the many youth we hope to work with this year to help them to make a difference in their own communities.

Your contributions big or small, help to make community dreams come true! Please consider making a donation this year towards the following unmet needs for the Year 2011:

Rural youth groups: Help provide training for youth to promote healthy habits, foster leadership development, and implement community projects for improved health



GOAL: 400 youth at \$60 per person

Clinic Support: Help to provide essential health care in the most impoverished areas we work in --- 5 clinics in Matagalpa and 3 clinics in the Atlantic Coast (RAAS)



GOAL: 500 mothers at \$100 per person

Mother's Clubs: Help support groups for mothers to build skills and knowledge to address child malnutrition, and plant family gardens



GOAL: 4000 people at \$10 per person per year

Community Training Workshops: Help 150 community leaders to develop project management skills for long term community sustainability:



GOAL: 81 workshops at \$150 each

How to Send a Donation to AMOS Health & Hope

AMOS HEALTH AND HOPE is a registered 501(c)3 non-profit organization in the U.S. To make a tax-deductible donation to AMOS programs or to pay for your delegation expenses, please follow these instructions:

You should write out the check to: "AMOS HEALTH AND HOPE"

On the Memo line it should say "Clinics" or "Rural Youth Groups" or "Community Training Workshops" or any other program or project you have in mind. If you would like your donation to support all of AMOS' work, just write "Where most needed" on the memo line.

Mail the check to the following address:

AMOS HEALTH AND HOPE
c/o Rev. Tim Spring, Board Secretary
3088 Haberlein Rd.
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