

A Year of Hope: Annual Report 2019



Letter From the Directors

We have exciting news to share with you!

In order to strengthen AMOS today and for the future, we have decided to expand our leadership team.

Thanks to supporters like you, for more than 50 years, local leaders in Nicaragua have saved the lives of pregnant mothers and newborn babies, and helped improve the health of thousands more vulnerable people.

To expand our reach and share our model of community-based health care with other organizations, Dr. David will continue as our Executive Director, but will dedicate more time to traveling globally. He will explore opportunities for growth, network with partners, and help develop the resources needed to continue our mission long into the future.

Dr. Laura is now our Chief Strategy Officer, working to help guide the future of AMOS. She now serves part-time on the faculty of the University of New Mexico School of Medicine as Director of the Center for Participatory Research. She teaches our model to other health professionals, develops new programs, and continues to build partnerships for AMOS with universities, churches, and individual supporters.



For the new position of Country Director, the AMOS Board unanimously promoted one of our very own staff members, Dr. Gabriella Woo.

Dr. Gabriella is well-known at AMOS for her nearly eight years of hard work, team playing, medical and organizational leadership, and her ability to inspire others to do their best. She is an example of a leader rising through the ranks and growing every step of the way. We are confident that she will excel in her new role leading the day-to-day operations of AMOS and working closely with the entire leadership team.

While Nicaragua continues to face serious economic, social, and political challenges, we feel blessed by the outstanding leadership of our staff and volunteers. We are grateful for our partnerships with churches, universities, foundations, mission team members, and our many generous financial donors. And we thank God for our community health workers, whose unwavering service to their neighbors in 25 vulnerable communities makes health and hope possible.

Thank you for your continuing support, which allows us all to continue ministering to people in need, improving health, and sharing hope!

Sincerely,

David Parajón
Dr. David Parajón
Executive Director

Laura Parajón
Dr. Laura Parajón
Chief Strategy Office

Gabriella Woo
Dr. Gabriella Woo
Country Director



“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.” -Romans 15:13 (ESV)



In an Emergency, Silvina Was There

Yedri was going into labor. She thought she had a couple more weeks, but she was having her baby now.

Yedri lives with her husband in the community of La Pimienta. At the time, there was no health promoter specifically serving her community.

Her husband sent for Silvina Lainez, health promoter in the neighboring community of El Calderón.

When Silvina heard what was happening, she immediately called the nearest health center for an ambulance. But there weren't any available, and to make things worse, no one could get out of the community because the river was overflowing. So with the help of a midwife, Yedri gave birth to her baby girl at home.

Silvina knew that even though Yedri had already given birth,

it was still important to get her to a health center in case any complications arose with her or her baby.

Silvina told us, “When I examined Yedri and her baby girl, I realized both of them needed to get to the health center immediately. Yedri had a lot of pain in her abdomen and I remembered from my trainings with AMOS that it was a sign of danger after giving birth.”

“I suspected her placenta had not come out completely, which can be a very serious complication. I also noticed the baby girl was having trouble breathing, so I performed a technique to try to help her breathe better.”

Yedri’s husband did not want them to go to the health center. He was very firm about it. He wanted them to stay home. But because Silvina knew their lives were at risk, she

encouraged them to go.

Yedri and her baby were at the hospital for 8 days. She had a retained placenta, which could have led to a fatal hemorrhage. And her baby had fluid in her lungs and needed special care too.

Silvina thanks you for helping her save lives! “I am so grateful for my trainings with AMOS, where I learned about the signs of danger in postpartum mothers and newborn babies. Thanks to you, I was able to help Yedri and her baby girl, and now, both of them are back in La Pimienta, happy and healthy.”

Thank you for helping train local leaders in Nicaragua on health protocols that save lives! You give so much hope to thousands of families, and we are all grateful!



You Made It Possible... A New Dental Clinic!

Last year, thanks to your generous support, we were able to make a long-time dream come true: we opened our AMOS dental clinic!

For many years, we had heard from our patients about the need for affordable dental care. In Nicaragua, most of these critical services are only available through private doctors, and are not affordable for vulnerable families.

This was the case for Lileana Hernandez.

Lileana was 8 months pregnant with her third child. She lives with her two daughters and her husband nearby the community of Nejapa.

In the second trimester of her pregnancy, she started having issues with her teeth. *“It was very painful,”* she told us. *“I couldn’t eat, and sometimes the pain would keep me up at night. I was desperate for relief.”*

Lileana sought help from many dentists, but they said it would cost between \$200 and \$300, a price Lileana could not afford.

“I was coming to the Samaritan Clinic for my prenatal check ups, and then I saw the sign about the new dental services. I was so excited!”



Our AMOS dentist, Dr. Maria Soto, has a heart for helping vulnerable people have healthy smiles!

Lileana explained, *“The dentist performed a procedure to relieve my pain. That helped me so much. Now, I can eat well again, and my pain is gone! After I give birth to my baby, I will come back to the dental clinic to complete my treatment.”*

Your continuing support is so important to helping future moms like Lileana. There is a direct link between the oral health of a pregnant woman and the health of her baby. Gum disease in pregnant women is associated with premature birth, low birth weight and preeclampsia. **Thank you for helping us promote good oral hygiene in Nejapa!**

You Helped Petronilo Save a Life



Petronilo Gaitan (with hat), Health Promoter of Fila Grande

Lidia was so worried about her three-year-old son, José. He had been coughing for days, and now he had difficulty breathing.

José had a fever, and didn’t want to eat or even drink water. He wasn’t playing or smiling. Lidia was anguished.

She walked as quickly as possible to the community clinic, carrying her son in her arms. She knew Petronilo Gaitan, health promoter of Fila Grande, would be able to help them for free.

Once there, Petronilo examined José and identified that he had symptoms of pneumonia.

Thanks to you, Petronilo and other health promoters have been trained in simple World Health Organization (WHO) protocols, designed to save the lives of children from common killers like pneumonia and diarrhea. Your generosity also provides his community clinic with essential medications.

“I gave him the first doses of amoxicillin, acetaminophen (Tylenol), and an inhaler,” said Petronilo. *“I then gave more medicines to the mom and showed her how to administer them to her son.”*

“The next day, I visited them at home,” Petronilo told us.

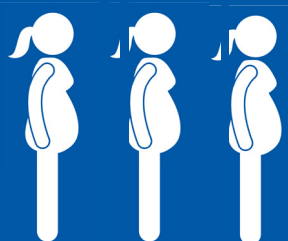
much better. He had no fever and was already eating again.”

A week later, José had completely recovered.

“I am proud to be able to see God working through me to help children like José. Without medicines at our community clinic and my training from AMOS, this child would have died.”

Thank you for helping health promoters like Petronilo Gaitan save lives and bring hope to moms like Lidia and babies like José.

2019 was a year of hope. This is what you helped us achieve:



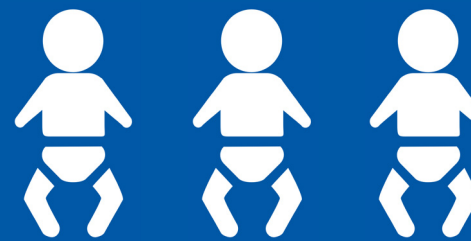
Zero
maternal deaths



25 communities served



Over 74,600 people served



926 children under 5 years old received nutritious food



851 active community health workers

25 rural health promoters in total



3 new health promoters trained to:
- Treat illnesses
- Prevent diseases
- Strengthen community empowerment



3 new clinics:
- La Pimienta community clinic
- Villa Guadalupe community clinic
- Nejapa dental clinic

"That's Why I Became a Community Health Educator."

Martha Reyes has been an volunteer health educator serving her community of Nejapa for almost a year. She works closely with our staff to provide follow-up care to the most vulnerable patients, and she facilitates educational sessions at our support group for patients with chronic illnesses.

Martha explained, *"Some of my neighbors are people with serious health problems, like a 75-year old lady with varicose ulcers. She is confined to a wheelchair and it is very difficult for her to leave the house. These people have no one to take care of them. That's why I became a community health educator."*

"With AMOS, I have learned about wound care and how to take vital signs. I love to serve! I feel useful, and I know my work is fruitful."

In May of last year, Martha took the initiative to replicate the support groups AMOS holds at our campus in her own home, so her neighbors with mobilization problems could attend.

She said, *"There is a patient who had problems controlling his diabetes and hypertension. I started to visit him regularly, and we worked on a*



17 
Community health
educators in Nejapa

383 
people participating in
our support groups a

plan to improve his nutrition and plan his schedule for medications. Now, his glucose and blood pressure are close to normal."

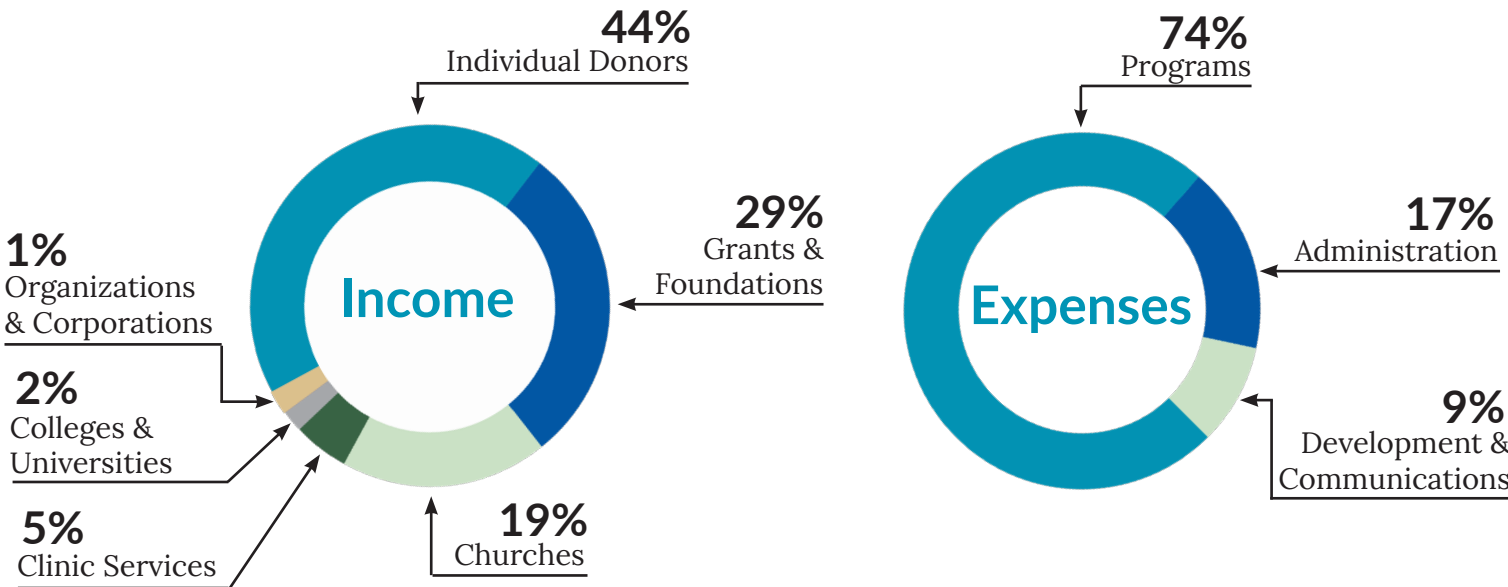
"Thanks to you, I have been able to help my neighbors. You give me the knowledge I need to help the sick and prevent disease. There is no way we would be able to do this without you and your support. Please pray for us, pray for our patients with chronic diseases, that they learn to live comfortable lives with these diseases, and pray for peace in our country."



"Our mission trip was the most humbling experience. The people were so grateful for our help and support. It was a God thing... is the only way to explain the experience. I felt like I was supposed to be there. I can't wait to follow up with the patients when I come back down to Nicaragua again. Thank you for all you do to help the most thankful people I have ever met!!!"

- Crystal Fields, ChenMed
Medical Mission Team Member

2019 Finances



2019 Income: \$2,064,981

We are beyond grateful for your outpouring of generosity in 2019! In addition to receiving a few significant, one-time contributions designated for capital improvements and preventing the spread of mosquito-transmitted diseases, we had an unexpected surge in donations in the last four months of the year.

At a time of increased need in Nicaragua, your profound generosity made it possible for us to consider making much-needed investments in 2020 that will help ensure the future of AMOS for many years to come. **Thank you!**

2019 Expenses: \$1,217,108

Since the socio-political crisis began in Nicaragua in April 2018, we have had to make many tough decisions related to our spending. A difficult economic situation continued in 2019, including fiscal reforms that led to rising costs for operations, higher tax rates, and inflation.

As part of our commitment to accountability, transparency, and responsible stewardship of your donations, we paid careful attention to maximizing administrative efficiency whenever possible.

You Give Us Hope for 2020 and Beyond

In the midst of economic and global threats to public health, 2020 will be a challenging year for all of us. As the coronavirus (COVID-19) continues to spread, many mission teams planning to serve in Nicaragua have had to cancel their travel, which will have a significant impact on our community projects, budget, and activities. As a public health organization, AMOS is implementing measures on our campus and in the communities we serve to prevent the spread of the virus and to prevent deaths. We are reaching out to other organizations and the Nicaraguan Ministry of Health (MINSA) to explore ways to collaborate. The health and economic effects will be felt the most by vulnerable communities. In Nicaragua alone, recent reports estimate that nearly 2 million people (32% of the population of Nicaragua) will be living in poverty by the end of this year, trying to meet their families' basic and emergency needs with less than \$1.79 per day.

Only because of your past and ongoing generosity can we continue our existing programs, address crucial health needs, and protect people who are most at risk. Thank you for your continued support! You make this work possible!

Thank you for your continued generosity, which makes our work possible!



Give the Gift of Health and Hope

Give Online
amoshealth.org/donate

Give Monthly
Give 52 Weeks of Hope at
amoshealth.org/monthly

Give by Check or Donor-Advised Fund
Use our Tax ID number
(27-0837989) and send
your donation to
AMOS Health & Hope
PO Box 6155
Hermitage, PA 16148-0922

Give Appreciated Stock
Email Christy Lafferty,
Director of Development,
for more information at
christine.lafferty@amoshealth.org

Leave a Legacy
Consider including AMOS
in your will or estate plan. For
more information, email
Christy Lafferty at
christine.lafferty@amoshealth.org



AMOS Health & Hope
3088 Haberlein Rd.
Gibsonia, PA 15044-8232

AMOS Health & Hope is a US-registered 501(c)(3) nonprofit organization.
Your donations to AMOS are considered tax-deductible to the extent
allowed by law.

 facebook.com/amoshealth

 [@amos.nicaragua](https://www.instagram.com/amos.nicaragua)

 communications@amoshealth.org

 amoshealth.org