They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.”

- Psalm 1:3
Fifteen years ago, our co-founders, Drs. Gustavo, Laura, and David Parajón, planted seeds of faith, hope, and love into good soil.

The ministry of AMOS was rooted in the conviction that everyone deserves to have health and hope - no matter where you are born or where you live - and that together, we can decrease health inequities and grow towards a more just world. All we do at AMOS is still rooted in this conviction. And we know your roots are firmly planted there with us, too.

This past year, we were blessed once again with an immense outpouring of support from kindhearted people like you, and we could not be more grateful. Thank you for helping us plant seeds of hope by supporting trainings for local leaders to prevent, identify, and treat common illnesses in remote, rural communities.

Your support allowed us to nurture children at risk of malnutrition so they can grow up healthy and strong, and reach their full potential. You helped us strengthen the capacity of communities to respond to health emergencies and save the lives of moms, babies, and other vulnerable patients.

With your help, we were able to reach out to more than 24,000 Nicaraguans in need in 25 communities and share health and hope with them.

Even though we continue to face unprecedented challenges, we are inspired by the commitment of our community health volunteers, who have served relentlessly through every crisis at hand. And we are comforted and strengthened by your unwavering support, too.

As AMOS prepares to enter a new and exciting chapter, we humbly ask you to pray for this ministry. May God grant us all wisdom, courage, and faithfulness to continue working towards a better world - where there is health and hope for all people.

With sincere gratitude,

Dr. Gabriella Woo, MD
Executive Director


"Children used to die very often, from pneumonia or dehydration, vomiting, and even diarrhea. Mothers gave birth at home, and many of them died during childbirth. Fortunately, thanks to your support, things have changed for the better!"

"Now, when there is an emergency, we are able to coordinate with the health authorities and get an ambulance. If there is a pregnant mom, sick child, or injured person, we can get them to a hospital. Women do not give birth at home; they deliver their babies safely at a health unit. And if there are complications, they can be transferred to a hospital."

~Agustín Malueños, Health Promoter in El Cedro, South Caribbean Coast of Nicaragua
Ramon Barrera is the Health Promoter in the remote community of Nawawasito, in the South Caribbean Coast Region of Nicaragua. Last year, Ramon and his wife, Dalila, were expecting their first child together.

“In July, Dalila was 8 months pregnant,” shared Ramon. “One day, I noticed her feet and face were swollen, and when I took her blood pressure, it was higher than normal.”

From his trainings with AMOS, Ramon knew these could be signs of danger during pregnancy.

“I took her to the health center in the nearest town. Unfortunately, the gynecologist did not arrive, and we were told to come back another day. But I knew Dalila needed to see a doctor urgently, so I insisted and asked if any doctor could see her. When a doctor did examine her, she was diagnosed with pre-eclampsia.”

Pre-eclampsia is a serious pregnancy complication characterized by high blood pressure and signs of damage to other organs like the liver or kidneys. It can be fatal for both moms and their babies.

Dalila was sent to the nearest city hospital right away.

“The doctors had to perform a C-section, and our baby girl was born prematurely at 8 months. She spent four days in an incubator. Dalila had to stay for a week at the hospital under observation. “Thanks to my trainings with AMOS, I knew the signs of alarm to watch for. I give thanks to God that Dalila and our daughter made it and are healthy back in our community.”

Your support helps us to train local leaders like Ramon, so they can prevent deaths of moms and their babies.

In Nicaragua and around the world, millions of people still die from diseases as treatable and preventable as pneumonia and diarrhea. Our faith calls us to transform health care for the neediest populations by centering it around our world’s greatest resource: its people.

In the end, we all deserve more from the systems we were born into, but it is together that we plant the seeds that help to grow God’s Kingdom of peace and justice here on earth.
Marilyn & Nohelia

Your support to AMOS helps fund our Youth support group in Nejapa, facilitated by Marilyn Gutierrez, one of our Urban Health Educators.

“I have always lived with economic limitations,” shared Marilyn. “My parents gave us what they could. When I was little, I’d improvise. I remember cutting a tree branch, getting cotton, recycling egg shells and shiny cigarette wrappers, and with those materials I would create my own little Christmas tree.”

Now, Marilyn uses crafts to appeal to the young people in her community through the Youth support group. She has been trained by AMOS staff to help address issues relevant to youth, such as substance abuse prevention, teen pregnancy, self-esteem, and resilience.

“After our group sessions that discuss important topics, kids usually stay to work on a craft. Crafts are also a form of therapy! Being a teenager is complicated, and we hear about their struggles. There are youth in the group who have lost relatives or who have relatives with terminal illnesses at home. Some feel very lonely. But when they come to the sessions, they can vent to their friends, listen to others, and have meaningful interactions with young people that help them learn and grow.”

Nohelia, a 14-year-old member of the Youth support group, is grateful, too: “In our group sessions, we learn about different important topics related to sexuality, dating, and self-esteem. It helps us to know a little more about important things for us. I think that if we work to empower ourselves, we will become better leaders and set better examples for others.”

Thanks to God, little José Ángel recovered and returned home with his parents and his older brother.

Your support makes sure local leaders like Ada Luz Montenegro are trained to respond to health emergencies like this! Thanks to you, José Ángel is still alive and thriving, growing healthy and strong.
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.

World Water Day (Tuesday, March 22)
In Nicaragua, thousands drink from contaminated water sources and are at risk of contracting serious water-borne illnesses. We believe clean water is a basic human right, so we invite you to take action and help us tackle the water crisis, one water filter at a time. Join us on World Water Day for a webinar about the future of our WASH (Water, Sanitation, and Hygiene) Program or make a donation to help make sure families have access to the clean water they deserve.

AMOS’s 15th Anniversary Celebration

This year marks 15 years of AMOS, and we want to celebrate our future vision for health equity alongside you! Save the date for a celebratory event and partners gathering on Saturday, October 15th in the Fort Lauderdale area. You'll have the opportunity to join us Saturday morning for AMOS-led workshops and gatherings, and Saturday evening at the Pier 6 Rooftop for a Latin-inspired dinner, short program, and dancing to follow. Stay tuned for more details!

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Saturday, October 15th
Pier 6 Rooftop
Pompano Beach, Florida