

ANNUAL REPORT 2022

Unwavering Hope



*“Let us hold fast the unwavering confession of hope,
for He who promised is faithful.”*

~Hebrews 10:23

Letter from the Executive Director



Dear Friends,

2022 was a remarkable year for the AMOS ministry. We were blessed with the opportunity to celebrate and rejoice in all of the accomplishments you have helped us achieve over the past 15 years.

Last year, your support helped us conduct a 10-year evaluation of our health programs to learn about and analyze our successes, identify difficult lessons, and determine what we need to do to improve our interventions to better serve our brothers and sisters in Nicaragua.

To complement this, our staff worked closely with community health volunteers to conduct a community census and diagnosis to help us identify the needs, strengths, and opportunities in the rural communities you help us serve.

The census helped confirm that there are still huge challenges in the communities we serve, including access to health care and clean water. We have seen firsthand that these immense necessities have faces and names, and that our model works to address those needs and improve lives.

Every time we hear testimonies like Isaac's (page 3) and Martha's (page 6), we know those changes don't happen overnight. And that's why we are so grateful for you. Because your support is key to making these changes possible.

Last year, you helped our Health Promoters work relentlessly to make sure there were no maternal deaths in the 23 rural, remote communities we serve together. That meant walking –sometimes for hours– to the homes of pregnant moms to make sure they attend their prenatal check-ups and educate them on nutrition and signs of alarm, organizing emergency transportation –whether day or night– to prevent home births with possible complications, and following up on moms and their babies after childbirth.

The loving and courageous service of more than 300 active community health volunteers is not just a wonderful and heartfelt expression of faith, it is also an inspiration, and an ever-lasting source of unwavering hope for everyone in their communities and for all of us in this ministry.

Thank you for believing in the dream of “**health for all**”, for trusting us, and for being an unshakeable ally as we take on this challenge together, with love, faith, and hope.

Sincerely grateful,

Gabriella Woo

Dr. Gabriella Woo, MD.
Executive Director

Results You Made Possible in 2022!



0 maternal deaths

97.29% institutional births
(at a health unit)

508 mothers received multivitamins



306 Active Community Health Volunteers

291 training sessions to community
health volunteers (individual or groups)

163 people active in support groups in Nejapa



23,776 consultations

21,756 needed medicines
prescribed and given

9,365 home visits to vulnerable patients

Over 28,000
people served
in 25 vulnerable
communities



Completed analysis of **44** water sources
in rural communities

Conducted **training sessions** for WASH
Promoters in Chinandega communities



97.41% of children in
rural communities at a healthy weight

2,412 children (under 5 years old)
cared for in urban clinics

Community Empowerment Builds a Bridge to Safety

Sandra was 6-months pregnant with her second child when she felt severe back and abdominal pain. She remembered that the health promoter in her rural community of El Socorro, Isaac Fley, had taught her this was a sign of alarm. She sought urgent help and her husband went looking for Isaac, who told them she needed to be transferred to a health unit immediately.

Isaac called for an ambulance: **“It had been raining a lot and the river at the entrance to the community was too high for the ambulance to cross. So the staff at the health center told me they would send the ambulance, but we needed to find a way to take Sandra to the other side of the river.”**

In the past, Isaac and the emergency transportation committee had carried patients on foot across the river. However, this time the water was way above the waist-line and it was too risky for everyone, including Sandra.

“It was a desperate situation. We asked the owner of a big farm to let us use his truck. Thanks to God, he agreed to take Sandra to the other side. She was taken to the regional hospital and stayed there for 6 days, recovering from a severe kidney infection.” Months later, Sandra gave birth to a healthy baby boy and both are doing well.

Isaac and the Health Committee knew that this story could have ended very differently and they had had other emergencies when the river posed an obstacle to access emergency care. So, they decided to start a project to build a pedestrian suspension bridge.

“Many families helped contribute whatever they could - money, materials, their labor and time - we advocated with local authorities in the municipality for support with the rest of materials we needed. Everyone in the community participated and now we have a bridge to get to and out of the community. Recently, we had a couple of health emergencies where patients needed to go to the health unit and the river was high. This time there was no delay for them to access the care they needed.”



Isaac Fley, Health Promoter in El Socorro



Isaac conducts a weighing session in the Community Clinic



New Bridge in El Socorro!

For many years, AMOS has partnered with El Socorro to strengthen their organizational capacities and advance community empowerment for the wellbeing of families in need. Thank you, because your unwavering support continues to give all of us so much hope.

A Celebration of Past and Future of AMOS

Last year, AMOS Health and Hope celebrated its 15th anniversary at "A Time For Hope" event in Florida, USA. Thank you for joining us and walking alongside us towards "health for all"!

Into the future: Training New Promoters and Sharing Our Model

AMOS's 2022 Community Rural Census revealed an increase of over 4000 people in the 23 communities served. Some of our community health workers are the primary people providing care for up to 1,500 people in each of their communities - and most have additional jobs, crops to manage, and families to provide for. Additionally, several health promoters have been serving their communities for 10 or more years and have shared with AMOS that they cannot meet the health needs of the increased population across dispersed areas on their own.

In response, AMOS plans to train additional health promoters in 65% of the communities we serve. Training a new generation of health promoters will guarantee geographic coverage and quality health care that have been the hallmark of AMOS's Community Based Primary Health Care model and continue to follow Jesus's example to serve those in need.

Based on years of experience at the community level, we aim to document the work we do and package our model in a Manual, so that it can be used or replicated by others in Central America and around the world, using the lessons learned from our journey over the past 15 years, opening up a world of possibility and potential.

Thank you for celebrating 15 years of health and hope in Nicaragua alongside us, and for helping us advance and share our model so that there might be health for all.



Dr. Gabriella Woo, Executive Director.



Mike Jeffries and Dr. Laura Parajón, AMOS Board members.



Dan Buttry, Healing the World Book author, with Margo Humenczuk



AMOS 15th Anniversary Event



I don't have anyone else in the world...

Ana Maria is 78 years old and lives with her husband in the Villa Guadalupe neighborhood:

"I have been coming to this clinic for many years now. Lately I have had kidney problems, and the staff here has helped me with that. My husband and I used to work very hard —I would clean houses, do laundry, make and sell tortillas — but now our health does not allow us to work. I couldn't have children. My parents gave me away when I was young and I never knew the warmth of a mother's arms. I don't have anyone else in the world. Luckily, our neighbors help us sometimes with food. That's why this Clinic means so much to us. I am happy to come because the staff is always very kind, they take good care of me and give me the medicines I need. They make me feel special. I don't know what I would do without this clinic. And I know that many people in this neighborhood need this place, too."

Your support to Villa Guadalupe Clinic is helping us care for vulnerable patients like Ana Maria. Thank you for being there for those most in need and giving them hope.

“All the reward I need!”



Martha Reyes has been an Urban Health Educator for four years and was trained by AMOS staff to educate chronic patients on good nutrition habits and ways to prevent health complications. She leads a support group for patients with chronic illnesses in her neighborhood.

Luis, a 70-years old patient in Nejapa who suffers from diabetes and hypertension, is one of those patients:

“When Luis first joined the support group he had many health problems. One time his glucose level was 480. His blood pressure reached 220/160. These crises would happen frequently, and he was in and out of the health center. Back then, he used to go to the cornerstore every day to get a 2 liter soda pop and he skipped many support group sessions. In 2021 during one of his crises, he had a stroke. Afterwards, he became a regular in the support group. Luis started to make important lifestyle changes: he stopped drinking soda, he began eating more vegetables and less carbs. Now, he gets checked regularly and his glucose levels stay around 120 and his blood pressure 130/90 - much better than before.

Seeing Luis’s health improvements brings me much joy. It’s humbling to see that the time I have devoted to visit him has meant so much for Luis and other patients in the group. I know their illnesses are chronic and will not go away, but at least they can live healthier and happier. And that is all the reward I need.”

Thank you for helping local leaders like Martha continue serving their communities with steadfast love!



Martha Reyes during a training at AMOS campus



Urban Health Educators at AMOS



Urban Health Educators during a course on stress and anxiety management



Members from a support group for patientes with chronic illnesses



Our Contribution towards the Sustainable Development Goals



At AMOS, we believe achieving the Sustainable Development Goals (SDGs) is a shared responsibility. And, **we are determined to do our part.** Of the 17 SDGs launched by the United Nations in 2016, **AMOS is focusing on goal #3 “Good Health and Wellbeing.”** However, because all the goals are interlinked with one another, AMOS has also a special focus on five additional goals:



We have policies in place to promote gender equality in our workplace, promote opportunities to invest in women's leadership and create spaces to share their voices.



We provide water filters for families who lack access to safe drinking water, and educate them on good hygiene and sanitation practices.



We equip rural community clinics who lack electricity with solar panels to improve the quality of health care services our patients receive.



We work to reduce health inequities and address the social determinants of health because we believe everyone deserves to have health, no matter where you are born, no matter where you live.



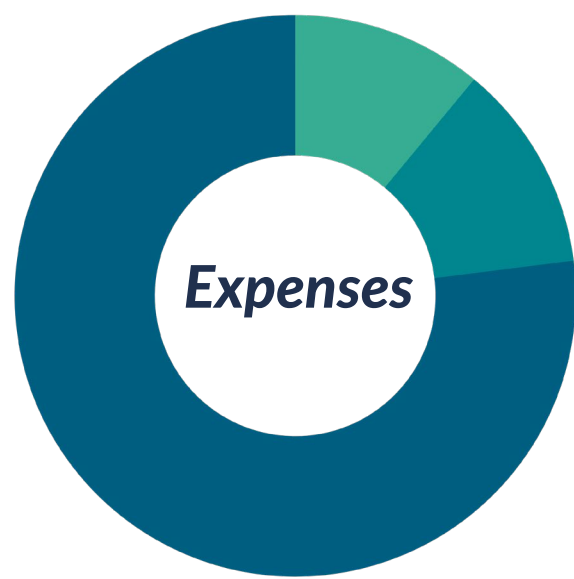
Through our three-way partnership, we partner with communities, the Ministry of Health, and people of faith like you to work towards a fairer world.

Our 2022 Financials



Total Income

\$1,653,326.91



Total Expenses

\$1,789,306.88

- 54% Individual Donors
- 24% Grants and Foundations
- 18% Churches
- 2% Clinic Services
- 2% Organizations and Corporations

- 77% Programs
- 12% Communications and Fundraising
- 11% Operations and Administration

Thank you!

Your gift to AMOS is much more than a number. Your generosity is building up local leaders, transforming communities, and saving lives.

Your support gives unwavering hope to thousands of families in need in Nicaragua. Thank you for caring, sharing, and being such an important part of this ministry.

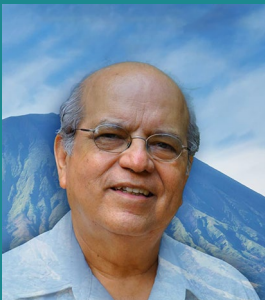


Presenting The Parajón Society»

When Dr. Gustavo Parajón began his community health work in Nicaragua in the late 1960s, he cast a vision of a model that could reduce preventable deaths and improve the health and well-being of people who suffer from the unjust conditions of poverty in Nicaragua.

Drs. David and Laura Parajón continued his vision when they founded AMOS, and that vision lives on in our ministry today.

As a way to honor Dr. Gustavo's legacy of faith, justice, and hope, we are proud to present The Parajón Society.



Dr. Gustavo often shared: "What God loves is justice, and having and showing constant love, and being able to live in humble fellowship with the Lord every day."

When you become a member of The Parajón Society, you join a group of faithful AMOS supporters committed to investing in advancing community empowerment for lasting change that saves lives and improves the wellbeing of entire communities in Nicaragua.

How to join The Parajón Society

1 Give Generously

Make a gift of \$5,000 or more annually, through one-time, quarterly, or monthly gifts. Please use the enclosed envelope to make your donation.





Visit amoshealth.org/support/ or contact us at communications@amoshealth.org to make a pledge and join The Parajón Society today.

2 Leave a Legacy

Add AMOS to your will or trust by specifying a percentage, fixed dollar amount, or a residual amount of what may be left over after all other distributions are made according to your wishes.

Generally, all it takes is one sentence, and there is no cost to you now! Please contact us or check the corresponding box on the enclosed envelope to receive sample language to include in your will or trust.

Benefits


-  A copy of Healing the World, Dr. Gustavo's biography
-  An exclusive quarterly email from our Executive Director, Dr. Gabriella Woo
-  Know first about virtual calls with key leadership and staff throughout the year
-  Annual Statements for convenient tax preparation




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

 facebook.com/amoshealth

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

 communications@amoshealth.org

 amoshealth.org

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.