

2023
ANNUAL REPORT
BEACONS OF HOPE

Letter from the Executive Director

“...Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” -Matthew 5:16

Dear AMOS Friends,

As I look back to 2023 and reflect on everything we achieved, the obstacles we overcame, the joy of hosting missions teams and serving side by side with our brothers and sisters in Nicaragua, and the faces and smiles of moms, babies, and patients we helped together; I am in awe and my heart fills with immense gratitude.

All of the accomplishments in this annual report are only possible thanks to the solidarity and compassion of generous and caring supporters like you! Together, we are bringing health and the light of hope to thousands of families in need in the poorest Spanish-speaking country in the world.

Your support helps train and equip Community Health Volunteers in 23 rural communities to prevent and treat illnesses and strengthen their capacities to respond to emergencies as well as help to save the lives of people in remote villages, including Adelina, a mother in El Cedro (page 4-5). In the storms of life, you have been a beacon of hope for them and the more than 28,000 people you help us serve in 25 communities in Nicaragua.

For another year, we are grateful to report there were no maternal deaths in the rural communities we serve, and last year, there was a decrease of 75% in preventable child deaths. Being in the field, I am blessed to witness the much deeper meaning that these numbers carry: mothers who are there to care for their children and see them grow up healthy and thrive.



Looking to the challenges ahead, I am humbled to be in ministry with wonderful people who serve with great love and strong faith, including Community Health Volunteers, committed and hard-working staff, passionate and talented volunteers, wise and supportive board members, and kind-hearted, generous and compassionate supporters like you.

As we let our light shine for others, let us be grateful for the opportunity to bring health and hope to our brothers and sisters in Nicaragua and to one another; and by doing so, we glorify God.

We look forward with joyful hope to continuing our good deeds together. Thank you for lighting up the path towards a world with health for all.

Sincerely grateful,

Gabriella Woo

Dr. Gabriella Woo, MD.
Executive Director

How are we helping to reduce health inequities in Nicaragua?

MATERNAL AND CHILD HEALTH

We train and equip community health volunteers to prevent maternal and child deaths through prenatal care and treating common illnesses.

WATER, SANITATION AND HYGIENE (WASH)

We reduce infectious diseases in rural communities by providing water filters, training local leaders in filter use and maintenance, and promoting hygiene and sanitation practices.

SEXUAL AND REPRODUCTIVE HEALTH

We train local leaders to educate childbearing age population and improve access to safe family planning methods to reduce teen pregnancy and maternal deaths.

URBAN CLINICS

Our clinics in Nejapa (AMOS's campus) and Villa Guadalupe offer essential healthcare services to impoverished people, including pharmacy, laboratory, ultrasound, gynecology, pediatric, and dental care.

COMMUNITY-BASED HEALTH

We partner with community leaders to enhance their skills in identifying health emergencies and supporting patients with chronic illnesses to improve their health.

SPECIAL PROJECTS

Our Patient Care project offers specialized healthcare to vulnerable patients, while the Seeds of Esperanza Scholarship supports community health volunteers in pursuing higher education.

You Bring the Light of Hope to El Cedro

El Cedro is an extremely remote community in the South Caribbean Coast of Nicaragua. Only 4x4 vehicles can reach a certain point on the dirt road; the remaining distance requires a donkey, mule, or horse or walking on foot for many hours. The closest doctor and health center are about six hours away.

This motivates **Agustin Malueños, the AMOS-trained Health Promoter in El Cedro**, to serve his community. He does this by sharing health education to prevent disease, offering health care and medicines, visiting pregnant moms and young children to educate them on signs of alarm and good nutrition, and coordinating the response during emergencies.

When Adelina, a woman in her 40s and mother of several children became pregnant; Agustín visited her regularly. Her age indicated a high risk pregnancy, and he provided the education she needed and prenatal multivitamins. He also monitored her weight and vital signs and ensured she could give birth at a health unit instead of at home. **Agustin knew that if there were a complication, help would be several hours away** and might put her and her baby’s life at risk.

A couple of months before her due date, Adelina left to be with relatives in the town of Bluefields. Agustín was glad since he knew there was a health center nearby and she could give birth safely there. But a couple of weeks later, Agustín heard that Adelina was back in El Cedro.

“I immediately went to check on her and talked to her about the importance of going to the Casa Materna or Mother’s Waiting Home for pregnant moms in the closest town. She promised me she would go the following morning. But, she didn’t. So, I came back and tried to convince her. And, even though she told me she would go, she didn’t.”

Health Promoters face situations like this very often. There are many cultural and social factors why women refuse to leave their homes to give birth (they feel “strong enough” to give birth at home, being in a strange environment and away from their loved ones, not having their husband’s approval, etc).

“The next day, Adelina’s brother came running to my house. He told me she was in pain and needed urgent help. I rushed to see her. When I arrived Adelina was unconscious. Her blood pressure was high and everyone was alarmed. I called the staff at the nearest health center, explained the situation and pleaded with them to send an ambulance.”

Agustín knew the ambulance could not make it all the way to El Cedro, and it would take them at least 3 hours to get as close as possible on that dirt road. So, **he activated the community Emergency Transportation Committee**. Using a hammock and wooden poles they put together a makeshift stretcher to transport Adelina.

“We took turns to carry her and on the way other good men joined and helped. After 2.5 hours, we reached the ambulance that took Adelina to the regional hospital.” Later, she was transferred to a hospital in Managua where doctors performed a C-section. She was in the hospital for a month.

Fortunately, Adelina and her baby boy survived and made it back to the community.

“When I went to visit her and her newborn to check on them, Adelina was happy and grateful. She is already telling other women in the community about what happened to her and the importance of going on time to the Mother’s Waiting Home to give birth.”

Thank you for helping leaders like Agustín save lives and *bring the light of hope* to vulnerable families in remote communities of Nicaragua.

To read more stories,
SCAN HERE



***You helped make
this possible!***

Over 28,000 people served

in 25 villages.



Zero maternal deaths



96% instituional
births



617 people of
childbearing age using
safe family planning
methods



17% reduction of
teen pregnancies



75% Decrease of
preventable child deaths



355 Active Community
Health Volunteers



149 References to
Health Centers



40% decrease in
pneumonia cases



16,702
Consultations



4,316 Home Visits to
follow-up on vulnerable
patients



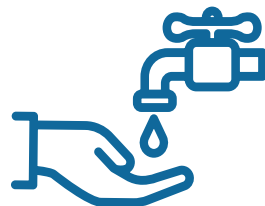
97,625 Needed
Medicines Given for
Free



10 Urban Health Educators
working with patients with
chronic illnesses



264 Water filters provided
to families in rural areas



1,281 persons with
access to safe drinking
water



34% decrease
of diarrhea cases

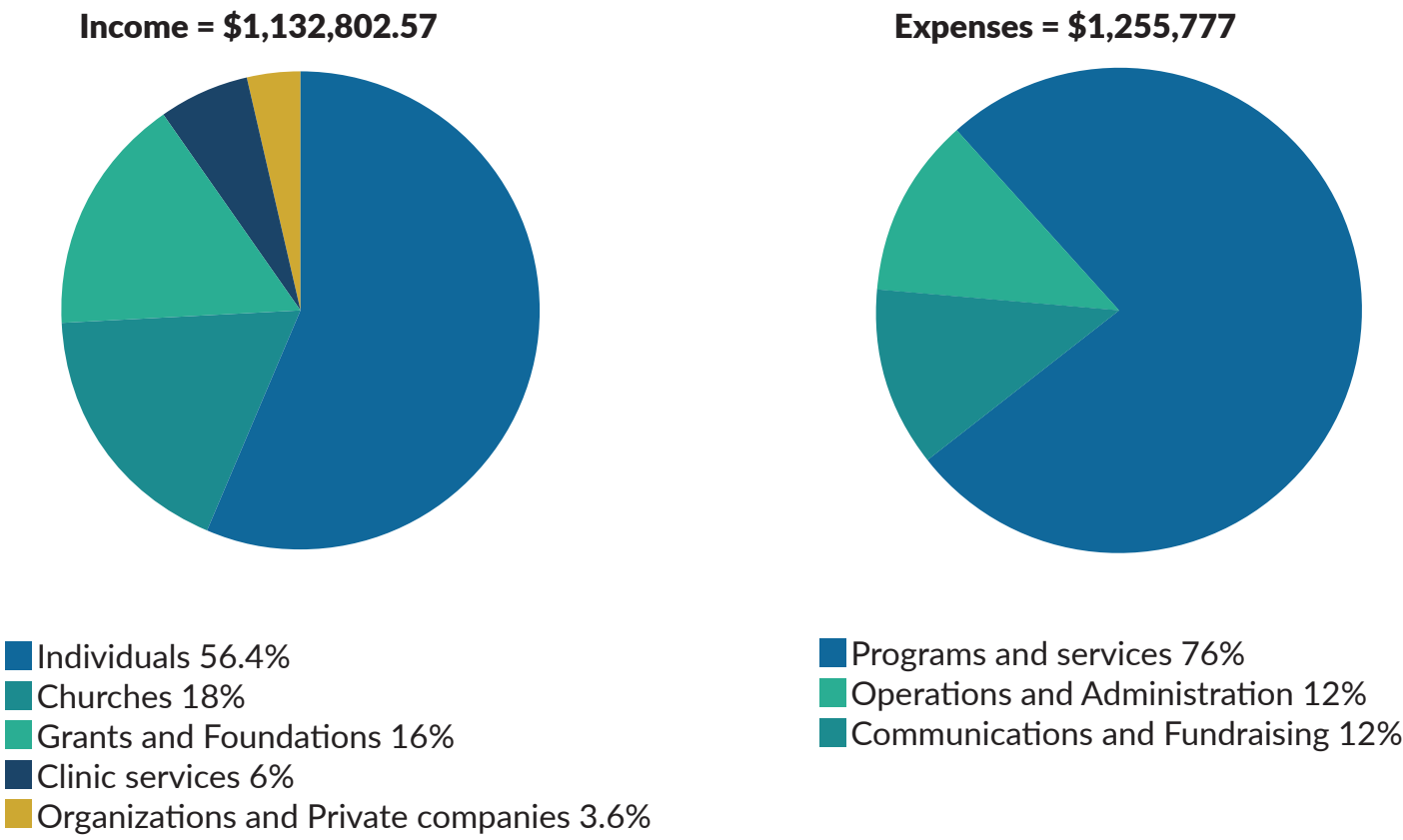


97% of children
participating in weighing
sessions are within normal
weight range

Our Finances

Every dollar donated to AMOS helps underserved populations access health care and save lives.

Through diligent stewardship of resources, funds are allocated to maximize our impact. **Despite challenges, our commitment to the people we serve remains firm**, and we are actively seeking avenues to strengthen our financial sustainability.



Thank you to our 2023 donors!

Parajón Society Members give \$5,000 or more annually, through one-time or recurring gifts; and/or add AMOS to their will or estate plan. Legacy gifts made to AMOS are to be allocated towards the principal of a Quasi-Endowment Fund that is generating interest to support the ministry of AMOS for years to come.

Parajón Society

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Learn more at amoshealth.org/the-parajon-society/

52 Weeks of Hope Club

52WOH is our Monthly Donors Club, whose ongoing support helps this ministry continue to serve so many families in need.

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Lydia Zamora

To see our complete list of supporters, SCAN HERE



Restoring hope for José Gabriel

“Even to your old age and gray hairs, I am He, I am He who will sustain you. I have made you, and I will carry you; I will sustain you, and I will rescue you.” -Isaiah 46:4

José Gabriel is nearly 90 years old. He lives in a vulnerable area of the community of Nejapa, in the outskirts of Managua. He had seven children with his wife, who passed away four years ago. He enjoys reading the Bible and other books.

For many years, José Gabriel has been suffering from hypertension, pain and knee inflammation. He also suffers other health conditions that force him to wear a permanent catheter.

Because of his vulnerability, **Maria Rayo, an AMOS-trained Urban Health Educator, visits him regularly** to check on his blood pressure, share health education on signs of alarm and good nutrition, and pray with him.

One of the things that affected José Gabriel the most was not being able to walk or stand. It was too painful for him. He spent all his days laying on a bed at the entrance of his house. And his spirit was growing weary.

Thanks to AMOS supporters, José Gabriel received a wheelchair that allowed him to move around his house. And, through a Nicaragua Medical Mission team, José received injections that have relieved his pain for many months now. This is something he has not been able to access in any other way in Nicaragua.

Currently, **José Gabriel is doing well and has regained his ability to walk** and his spirit is joyful.

Thank you for being a beacon of hope in his life.

The Impact of AMOS on the Sustainable Development Goals

Thanks to your support, AMOS is committed to impacting the lives of impoverished families and making our contribution to the Sustainable Development Goals.

3 GOOD HEALTH AND WELL-BEING



With a community-based primary healthcare approach, AMOS exists to improve the health of families in need in the second-poorest country in the Western Hemisphere, focusing on preventing and treating disease and strengthening health systems.

4 QUALITY EDUCATION



We provide inclusive quality education to men and women of different backgrounds and ages through our Sexual and Reproductive Health Fairs, Dental Health Talks, Support Group Meetings, and our "Seeds of Hope" scholarship program for local leaders.

5 GENDER EQUALITY



We promote the participation of women and men in community projects to facilitate leadership processes and increase the participation of families. We also developed gender policies to safeguard the rights of employees, beneficiaries, and volunteers.

6 CLEAN WATER AND SANITATION



We ensure access to clean water for families with children under 5 years of age and pregnant mothers to guarantee better health.

7 AFFORDABLE AND CLEAN ENERGY



Access to affordable, clean energy in some remote communities in Nicaragua is a life-changing factor while caring for vulnerable patients during emergencies. We provide solar panels to community clinics without access to any other energy source.

10 REDUCED INEQUALITIES



Reducing health inequities is what drives AMOS to serve families in need and is our main contribution to Nicaragua through illness prevention, providing high-quality health services, and offering opportunities for leaders to develop their full potential.

17 PARTNERSHIPS FOR THE GOALS



We partner with communities, the Nicaraguan Ministry of Health, other like-minded organizations and people of faith like you to work for a world where health and hope are a reality for every child, elder and adult.



Support our mission!



AMOS Health & Hope
3088 Haberlein Rd.
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