

# AMOS HEALTH & HOPE

2011 UPDATE

## 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 one dies of preventable diseases, and effective and empowering health systems.

### PROGRAMS

- Community Based Primary Health Care
- Deworming
- Disaster relief
- Patient Care
- Clean Water and Sanitation
- 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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*"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor." Luke 4:18-19*

This year has been a most difficult one due to the death of Gustavo Parajón in March. We mourn his passing but also celebrate his vibrant and tremendous life. All of the memories that we keep are a treasure we will always cherish, as are the lessons that he taught all of us.

One of the greatest lessons that Dr. Gustavo left behind was his model of rural health care, which AMOS has embraced from the beginning. Rooted in empowerment, Dr. Parajón's model is based on the participation of community members to improve health in their own communities.

The model is amazing because it really works. When community members receive health training and get organized, they can take action in meaningful ways to improve health, such as ensuring vaccinations for children, monitoring growth to detect malnutrition, deworming to eliminate parasites, educating community members, using water filters and latrines to improve sanitation, and even managing a small clinic to see patients and dispense medications! Because they use a census-based system, they also ensure that even the farthest homes are cared for and no one is left out. We try hard to encourage the health leaders to be as equitable as possible and to prioritize those families most in need, as Jesus showed all of us to do.

Thanks to all of the support received from Churches, Foundations, International Ministries and generous individuals, AMOS was able to serve 27 rural communities (over 13,000 people) this year. Together we have kept the maternal mortality and infant mortality rates low and have been able to care for other health needs in these communities through direct patient care and preventive measures. Without your support, none of this would have been possible! Thank you for being a vital part of this dream to make a difference in the lives of those in need.

We look forward to continuing to partner with you this coming year!

Blessings!  
Dr. David Parajón  
Dr. Laura Chanchien Parajón



# 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.

In order to bring health care closer to the people, AMOS trains and supports a network of local health promoters and their health committees to provide basic medical services that save lives and help the wellbeing of impoverished communities.

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



Preventable & Treatable Illnesses



Service to the Most Vulnerable



Access to Health Care



Essential Medications



Deworming

Did you know about these needs?

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

Children under 5 who are poor in Nicaragua are three times more likely to die than children who are not poor. Babies are most likely to die after childbirth.

The poorest people in Nicaragua have the least access to health care. They must travel an average of one hour or more by foot to reach the nearest clinic.

Over 50% of people in rural areas lack access to medications. Receiving treatment for pneumonia or high fevers can be the difference between life and death for a child.

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

And how AMOS helped in 2011?

Trained AMOS health promoters were able to treat hundreds of children for pneumonia and diarrhea. Promoters also gave educational talks and advice to over 17,000 people to help them prevent getting sick in the first place.

By visiting babies shortly after they are born and children who are sick AMOS health promoters prevented the deaths of the poorest children, conducting over 4355 home visits to the most vulnerable people in their communities to assure health care coverage.

AMOS Health Promoters and Health Committees increased health care coverage by running and maintaining 27 clinics in their own communities. They saw over 16,000 patients this year.

AMOS provided medications to the 27 rural health clinics for the treatment of the most common illnesses. We also provided continuing trainings and regular supervision to improve quality of care.

AMOS promoters dewormed over 10,000 people and improved water and sanitation to fight against worms. Regular deworming and hygiene education has resulted in a 40% decreased parasites infection rate.

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

# Special Thanks From The Health Promoters of AMOS!

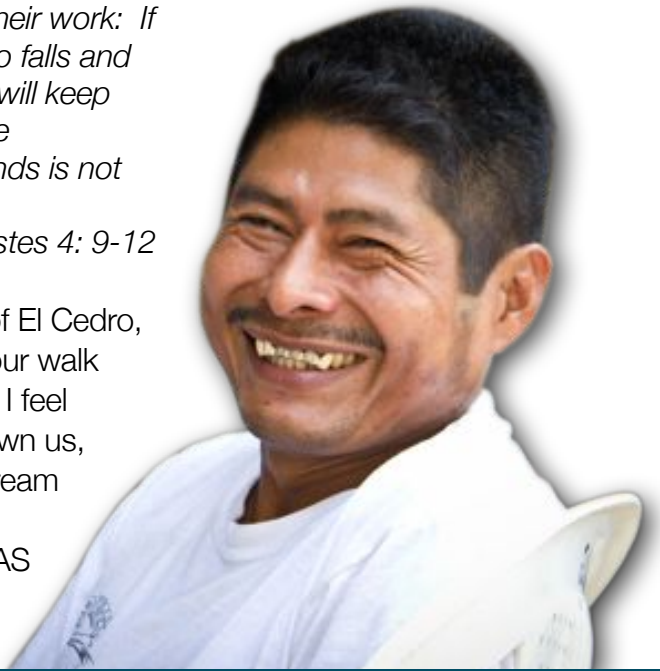
## Together, we can make a difference

*Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*

--Ecclesiastes 4: 9-12

My name is Jose Agustin Malueños. I am the health promoter of El Cedro, RAAS. There are over 900 people in my community. It's an 8 hour walk into town but now that AMOS is with us, I can help from within. I feel inspired to keep moving forward by the love all of you have shown us, especially when I see the sick children and mothers here. My dream is that we always work together in primary health care.

- Agustin Malueños , Health Promoter of El Cedro, RAAS



Health Promoter Timotea of San Onofre testing a child for anemia.

Anemia is a major global health issue, affecting nearly two billion people worldwide. The good news is that anemia is preventable and easily treatable, but first, it must be diagnosed. This year AMOS was able to test over 1,347 children and 82 pregnant women in 2011 for anemia. Up to 60% of the children we tested had anemia compared to 20% of the rest of Nicaragua because children in poverty don't get enough iron rich foods. AMOS now provides iron supplements and follow up to children with anemia.



Health promoter Pedro Pablo of Sabaleté with a water sample.

The majority of communities that AMOS serves suffer from contaminated water, which translates to higher rates of diarrheal disease and other water-borne illnesses. Since last year AMOS has been working to bring biosand water filters to rural communities in Nicaragua. Through partnerships and many delegations, AMOS was able to install and supervise filters for 486 families. We continue to monitor the current filters by taking water samples, surveying and educating families to assure maximum benefits.



Health Promoter Fatima (left) from Malacatoya with supervisor Marcos and delegation's member Andrea (right).

Ongoing training and skills monitoring for health promoters is an essential part of supervision and also serves as a way to introduce new evidence-based interventions to the program. Training topics included: diagnosis and treatment of anemia, proper use of antibiotics and resuscitation and care of newborns. This year AMOS held a total of 3 week-long skills training sessions for 27 health promoters from Boaco, Chinandega, Matagalpa, and RAAS.

# THANKS FOR ALL YOUR SUPPORT!

## Here's How You Can Keep Helping: **The Christmas Campaign**

Projects are important but its the **PEOPLE** that make a difference. This Christmas season, you could give the gift of lasting change by investing in a local leader. Your contributions, whether large or small, help to make community dreams come true!

<b>\$1</b> A PROMOTER CAN DEWORM 20 CHILDREN	<b>\$5</b> A PROMOTER CAN TREAT A CHILD WITH PNEUMONIA	<b>\$60</b> PROVIDES A PROMOTER WITH A MONTHLY STIPEND	<b>\$177</b> SENDS A PROMOTER TO A WEEK-LONG HEALTH TRAINING	<b>\$300</b> PROVIDES A MONTH'S WORTH OF MEDICINES FOR A CLINIC
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**Prevent** children from dying. **Save** mothers' lives, and **Improve** the quality of life for generations.

Now through December 31st, your gift will have *double* the impact. Any donations made from now until the New Year **will be matched**, up to \$25,000!

## 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 you can do it in two ways:

### BY CHECK IN THE MAIL

1. Write out your check to: "AMOS HEALTH AND HOPE"
2. Write on the memo line of the check "where most needed" or the name of the program you wish to support. For example "Clinics" or "Healthy Schools" or "Deworming" or "Mission team" or "Disaster relief"
3. Mail the check to the following address:  
AMOS HEALTH AND HOPE  
c/o Rev. Tim Spring, Board Secretary  
3088 Haberlein Rd.  
Gibsonia, PA 15044-8232
4. Send us an email to [dalparajon@gmail.com](mailto:dalparajon@gmail.com) to let us know that you sent the check in the mail, how much it is for, and what the donation is to be used for.

### BY CREDIT CARD ONLINE

1. On our website ([www.amoshealthandhope.org](http://www.amoshealthandhope.org)), please click "Donate". On the Donate Page, please click "Donate Now," which will take you to our secure donation page (operated by Network for Good).

Stay updated with AMOS' latest news!

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