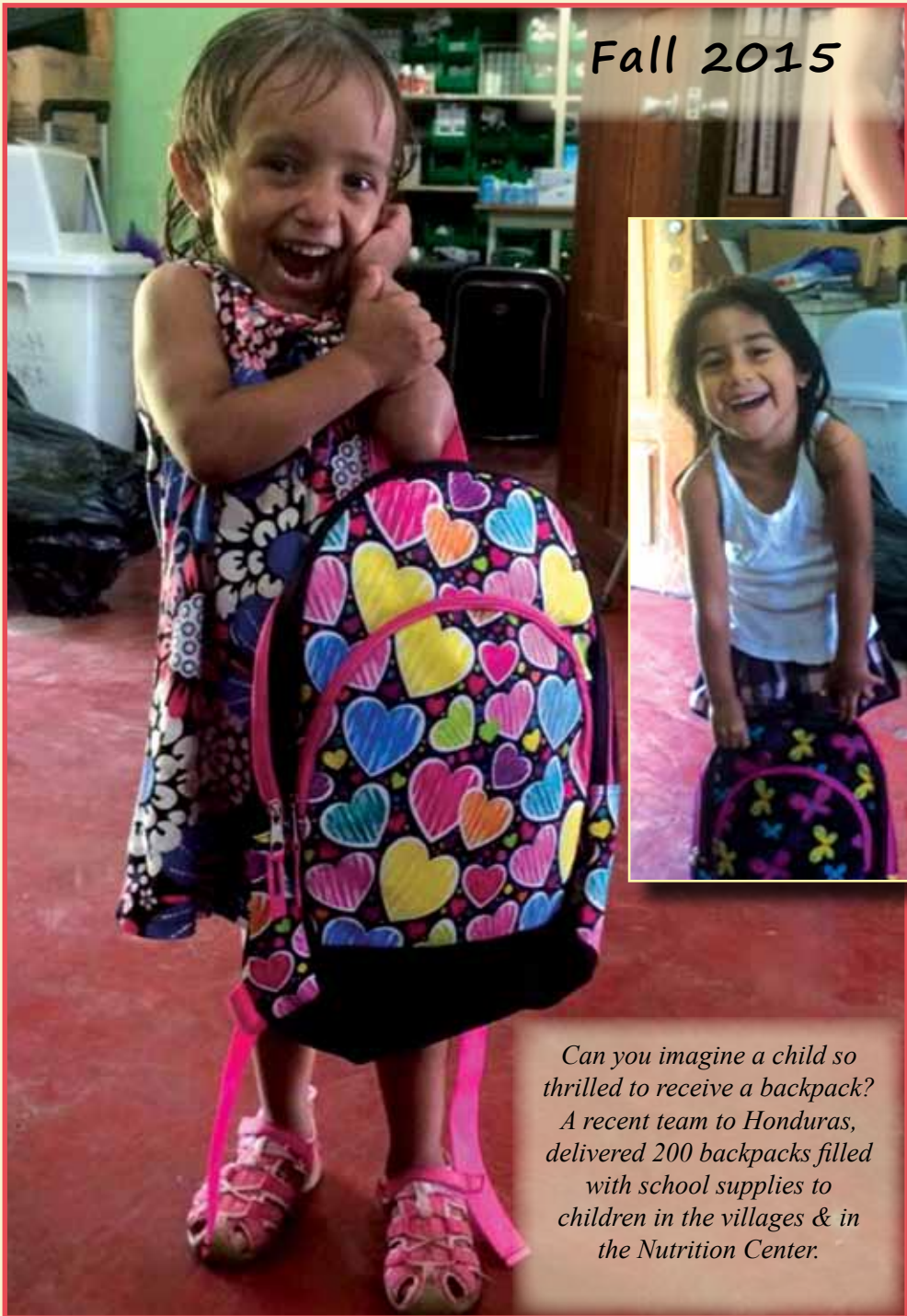


MAMA News

Fall 2015



Can you imagine a child so thrilled to receive a backpack? A recent team to Honduras, delivered 200 backpacks filled with school supplies to children in the villages & in the Nutrition Center.

- MAMA Project**
 Mujeres Amigas-Miles Apart
 (Women Friends-Miles Apart)
 Nutritional Rehabilitation
 Medical & Dental Brigades
 Work Teams
 Cross Cultural Training
 Deworming & Vitamin A
 Campaigns
 Donating Medical & Dental
 Equipment & Supplies
 Community Development
 Scholarships
 Child Survival Training

MAMA News is a quarterly newsletter that provides updates about MAMA Project, Inc.'s programs and service to rural, poor communities in Honduras and Haiti.

The MAMA News is available for free to anyone who would like to receive it.

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All photos were taken by MAMA Project Staff or Service Team Members.



Families at Nutrition Center



MAMA Project is able to help about 100 families each year through its Nutrition Center. While the mission teams are in the poor, rural communities, children are weighed and measured. If they are found to have serious malnutrition, the MAMA Staff speaks with the mother about coming to the Nutrition Center to receive help for her children. For the families it is a huge sacrifice to live at the Center for at least a month but it's the difference, often times, between life and death for their child.

One mother recently at our Center, María Laura Amaya Hernández, tells of her experience. María is pictured above with two of her children that came to the Center, Lohany Lisbeth (right) and José Adoni (left). They live in Llanos, Taulabe, Honduras. María has two additional children with her husband.

She has known about MAMA Project since 2013, when teams began coming to her community. This year when the team came, they spoke with her about how her daughter needed help. María told her husband, "I am going to go. If I wait any longer, these children might die. We don't have the resources to help them, not even for one vitamin."

In Los Llanos (her home village), there is no health center. If they need to see a doctor, they need to go to Taulube,

which is a distance of about 2 hours in public transportation. When she arrived at the Nutrition Center, she was happy because she knew that she would return with healthy children, with the weight that they should be.

"I learned a lot here, amongst all of what I learned, I learned how to pray. I had never done that before, but now, yes, I know how to pray and for that I am very thankful."

"With the educational talks, I learned about how to purify water, how to wash the children's hands, the importance of having the children wear shoes every day, bathe them, wash their clothes and have food each day. I am going to practice these things at home because I'm going home with the knowledge."

"While I have been at the Center, the people at home have asked how Lisbeth has come along. I tell them, 'Look at how wonderful she is growing. Her body is now normal, chubby. She came so skinny but now she has a beautiful body. 'I am so happy,' I tell my husband. He also has seen how she has become much more healthy. When she came, her skin was yellow and her belly was big and full of intestinal parasites. They gave her medicine and the doctor at the Center gave us very good care."

María concludes, "I have never visited a place like this project that helps someone so much. It is true what the health centers say, 'Take your child to weight checks.' But they do not give anything. Here they give you good food and vitamins. May God bless you, and also to those that are in the United States, God bless them!"

Miriam Aracely Vásquez Osorio, pictured right, brought her son, Jheferson Saúl (23 months) to the Center.

"I have been at the Center for 2 and a half months. I arrived because someone told me about the Center. My son seemed skinny but was also not walking."

"The first day at the Center I was sad because I had to leave the rest of my family. But I did it because of my love for my son and I knew he would recuperate well here."

"During my time here, my son has started to walk and has increased his weight. I have learned how to take care of him better in the house, giving him more attention. I have also learned about the God and the Bible. When I leave here, I will tell other mothers that have malnourished children to come here because I have seen the change in my son."



People of any age can help others!

By Stacey Kenny

It's amazing how many people young and old alike helped get me to Honduras and donated items for me to take.



My 6 year old neighbor Jayden, pictured left, has an "I give box" and he places items in there periodically to be donated. Over the past year he would have his mom call me and give me matchbox cars and stuffed animals to take to Honduras. When he gave me Elmo he had explained to me that he had REALLY wanted Elmo but once his parents bought it for him, he never played with it. So, he just knew some little child would be very happy if I gave it to them. He even kissed Elmo goodbye when I took him. I offered to

give him back and he said, "No. It's OK. I want someone else to have him." What a gift from a 6 year old who wanted to help make children around the world happy - such a giving heart!

While in Honduras in August, I gave Elmo to Yenifer, pictured right, who is currently staying at the Nutrition Center. She loved him and it literally brought tears to my eyes knowing that this moment was very special.



Stacey, to the right, and her fellow team member, Heather (not pictured), gave backpacks with school supplies to the children at the Nutrition Center.

MAMA Project's New Employees



Cathleen Miller has recently joined MAMA's Pennsylvania Team. Cathleen began in June as the Maternal Health Director, overseeing MAMA's Micronutrient Program and working with organizations and individuals around the world to develop their micronutrient programs. Cathleen's education includes Women's Health Practitioner, Certified Nurse-Midwife and a Master's Degree in Nursing. Cathleen has had a long-time dream of working with a non-profit using her medical background. In a recent trip to Honduras (left), she provided care for pregnant women.



Karin Timpel has joined the Honduras Team as the Director of *MAMA Project Inc. en Honduras*. Karin has a Master's in Project Management and a degree in Business Administration. As Director of the Project, she will oversee all activity at the Nutrition Center and in the communities. Karin is bilingual (English/Spanish) and will also work with the visiting mission teams on occasion.

We look forward to having Cathleen & Karin as part of MAMA Project!

The Gift of a Concrete Floor

By Jonathan Monfilleto

The “Swimming Upstream” mission journals that our Seneca Community Church (NY) group used during our experience in Honduras called on us to write an elevator speech – a 30-second summary of the trip – to tell friends and family about the trip.

As I sit here two and half months after returning from my first mission trip, I realize that I still haven’t actually written my elevator speech – at least not on paper. But, as I’ve spent the past couple of months trying to talk about the experience with people who weren’t there, I see that one theme keeps coming up in conversation.

And that theme is how much the Honduran people appreciate what they have no matter how little they have, while we Americans seem never to be satisfied – generally speaking – no matter how much we have and we take it for granted.

During the week of Feb. 15-20, I served on the construction team that poured concrete floors at 12 homes in four days. As much as the work was demanding and challenging – with a lot of heavy lifting in the hot weather – it also provided an invaluable learning experience on how to appreciate things and people.

Many of the homes that we visited would barely have passed for shacks in the United States, and yet as many as six or eight or even more people live in them – simple wooden or clay structures with maybe a crude metal roof. And, of course, a solid dirt floor until we come in with the cement and other supplies, while they provide the sand and the



water.

For many of the people that we came across in the four days, getting a concrete floor for their home seems like one of the best gifts they have ever received – and truly it is. Now, they have a floor they can keep clean and safe and have a surface to sleep on at night without having to lay down in the dirt.

As much I love our home, this made me consider how much I still take it for granted – the fact that it keeps me safe and protected whether the weather is hot and dry or cold and wet. And even in our modest home, the living room is still bigger than many of the homes we visited to pour concrete floors.

Yet, the people we came across seemed to be perfectly content with what life handed them and to truly appreciate everything they have, no matter how little that is. And they also seemed truly grateful for the work that we did for them – while they are required to work alongside us, many of them took delight in that chance and worked even harder than we did.

To paraphrase a saying that is overused and adapted to the situation, when you travel to Honduras with MAMA Project Inc., you can go for the good works and stay for the learning experience.

As I reflect on God’s blessings in my life, both at home and during my time in Honduras, I realize that I received as much, if not more, from the people there through the lessons they taught me than they received through our team’s help.



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Saturday,
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Please let us know of your
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