



Annual Report 2021

Rooted in Hope



"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



Letter From Our Executive Director

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,

Gabriella Woo

Dr. Gabriella Woo, MD
Executive Director



Impact Data 2021



25 communities served



161 Active Community Health Workers



Over 24,000 people served



39 Health Promoter candidates in training



1,158 children under 5 years old received nutritious food to prevent malnutrition



95% of children under 2 years old are at healthy weights



Rural communities saved an estimated \$68,000 in transportation costs by having access to healthcare and medicines in their own communities!



Zero maternal deaths

*Data from Oct. 2020 to Sept. 2021.

“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





Planting Seeds of Change: Transforming Health Care in Nicaragua 2022-2024

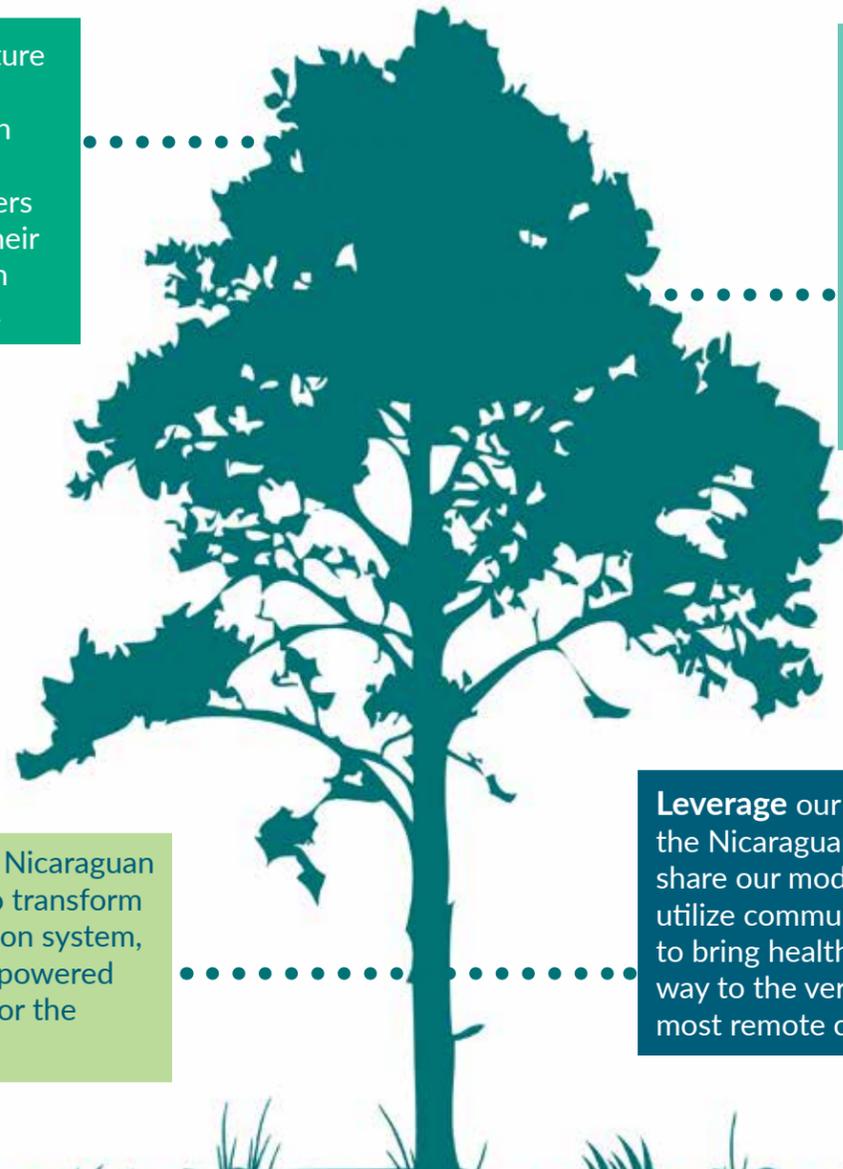
Over the past 15 years, AMOS has worked in remote communities and with local people to change the way health care is carried out, planting and replanting roots as we've encountered successes and challenges along the way. In late 2021, the AMOS Board of Directors approved a three-year strategic plan to guide our "health for all" vision. Here's just some of what we aim to accomplish as we grow together toward a better future:

Safeguard the future of our mission by investing in growth and continuing to support local leaders who are helping their communities reach their full potential.

Refine our programs to be the most impactful they can be, so other organizations and other countries can replicate our model to open up a world of justice and possibility.

Collaborate with Nicaraguan medical schools to transform the health education system, so doctors are empowered to be champions for the underserved.

Leverage our partnerships with the Nicaraguan health system to share our model and help them utilize community health workers to bring health and hope all the way to the very last house in the most remote community.



At the Root of it All:

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.



The Hope You Help Deliver

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 babies in their own communities. May God bless you for helping to save Dalila and her beautiful baby girl!



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.”*



“I am inspired by love. Love for my community, for my family, for my people, for my neighbor. Every day I see the difficulties of others, be it an injured person who needs help or a child with diarrhea. It fills me with joy to serve others, without expecting anything in return. When I am healing a wound or caring for a sick person, I remember the biblical passage of The Good Samaritan and I do my work with even more enthusiasm, all so that the people I care for can recover their health. With the support of all of you, I hope to move forward and continue working.”

~Norlan Flores, Health Committee Member in San Jose de la Mula, Matagalpa

Thriving and Growing

At 6 months old, José Ángel’s life was almost cut short by a completely treatable disease.

“His parents called me at almost 11 p.m. to go see him”, says Ada Luz Montenegro, Health Promoter in the remote community of Apantillo. “Little José Ángel had been sick for 6 days, but his family thought it was just a common cold. They had been giving him tea and natural medicine. But he was only getting worse.”

Ada Luz knew it was an emergency, and she hurried to get there, even in the middle of the night.

“When I arrived, José Ángel had a fever. He couldn’t breathe well, and his skin was purplish. I examined him, and his symptoms indicated he had pneumonia. He truly was in a state of emergency.”

Ada Luz knew José Ángel was too sick to be treated in the community, so she called the ambulance at the nearest health center.

“It takes more than 2 hours for an ambulance to get to our community, so I gave the baby a first dose of treatment - following the AMOS protocols. When the ambulance arrived, José Ángel was a little more stable. He stayed at the health center for several days with a nebulizer.”

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.

Finances: Thank you for helping us make this possible!

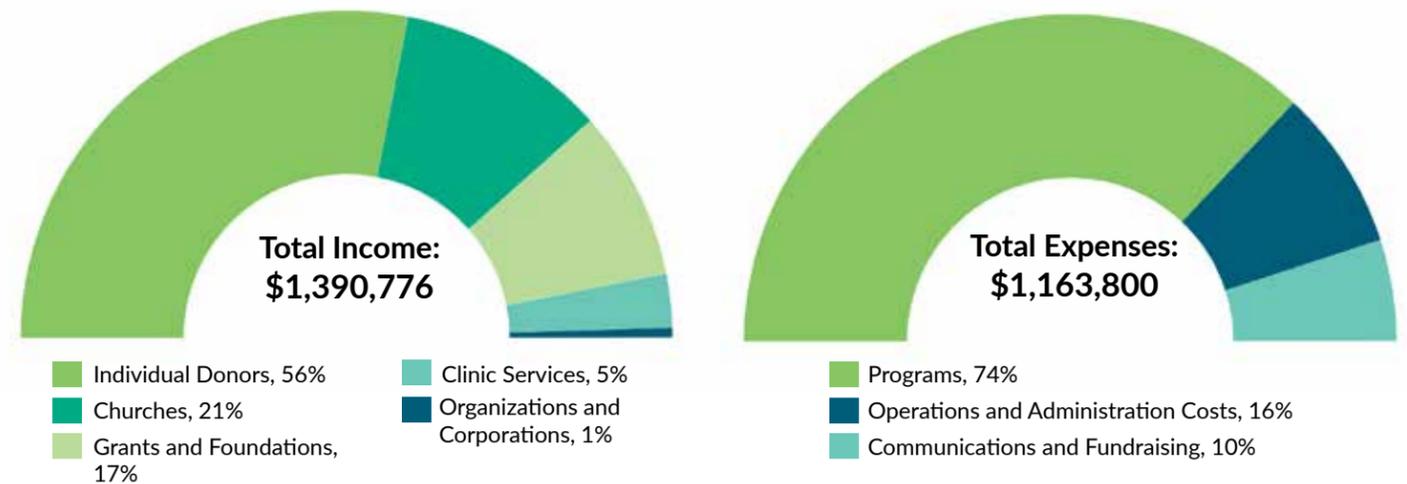
During the second year of the pandemic, AMOS faced many challenges that had an impact on our programs, operations, and finances. In 2021, more than one new wave of COVID-19 caused us to take additional precautions and in a few moments, to temporarily suspend clinic services or postpone a visit to a few communities for a brief period of time.

Within this uncertain context, we also saw an increase in prices for certain goods and services that was beyond our control. This required us to take measures to control our spending as much as possible.

Yet through it all, one thing remained constant - your unwavering generosity and support.

It is because of all of the individuals, churches, and partner organizations that our ministry has been able to continue with no cuts to our programs, services, or staff.

Thank you for being a source of hope and providing access to health care to over 24,000 people in Nicaragua!



AMOS is committed to being faithful stewards of the resources entrusted to us. A copy of our Form 990 is available at amoshealth.org.

15th
Anniversary



You are invited!



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

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



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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