

# MAMA News

Christmas 2016



We're all familiar with the Chinese Proverb:

*Give a man a fish; feed him for a day.  
Teach a man to fish; feed him for a lifetime.  
- Lao Tzu*

At MAMA Project, we spend a lot of our time educating - educating the mothers & children at the Nutrition Center, educating the families in the communities, and educating other organizations interested in Child Survival Programs. MAMA understands the importance of education in making long-term impact in the health of the people!

Below, Felix, MAMA's Community Outreach Coordinator, teaches a community about the importance of filtering their drinking water.



In many communities, people gather their drinking and cooking water from a place similar to this, pictured left, or a nearby stream. Although the water may look clean, we know it is far from that.

Felix and the other MAMA Staff teach about a simple-to-build & use water filtration system for their homes.



Recently a water filtration system was given to each family in 2 communities. These systems cost about \$25 each for the supplies and consist of 5 gallon buckets with spigots. The water is filtered through a cloth which sifts out the larger sediment and then bleach is added to kill the majority of the diseases in the water.



Left, you can see the families as they join together to build the water systems and then take them to their homes.

Clean water is one of the most important ingredients for improving health in all families world-wide.



**MAMA Project**  
Mujeres Amigas-Miles Apart  
(Women Friends-Miles Apart)  
Nutritional Rehabilitation  
Medical & Dental Brigades  
Work Teams  
Cross Cultural Training  
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Donating Medical & Dental  
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Child Survival Training

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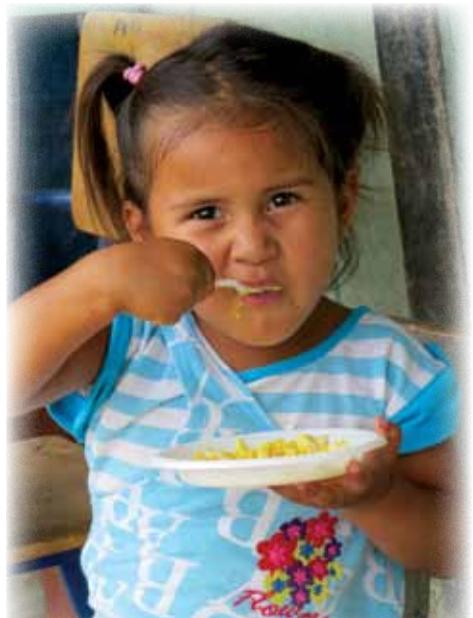
All photos were taken by MAMA Project Staff or Service Team Members.



A few years ago, MAMA started promoting home poultry farms, encouraging families to have guinea hens. Not only do they provide an alarm system for the home, alerting when there are intruders, they eat insects that can cause disease and the eggs they lay can also be a healthy meal

for the family. Families are encouraged to mix their smashed hard-boiled egg with MAMA's MicroMix (a micronutrient powder). This daily, simple meal is enough to keep children (and adults) from developing malnutrition.

For families that are able to build a coop, MAMA will provide their first guinea hens. The families can then share their baby guineas (keets) with other families in the community as more families build coops.



At first the children do not think they will like the Micro-Mix in their food but they soon realize that there is no taste and the meal is delicious!



With the new land MAMA recently purchased, we were able to expand our crops. Recently the families harvested the first beans and corn and were able to enjoy meals from their hard work.

While the families are staying at MAMA's Nutritional Rehabilitation Center receiving treatment for malnutrition, they partake in many activities.



During their afternoons, mothers (and sometimes their children) learn different handicrafts. Thanks to donations of yard, beads, and material, the families make many items that they can then sell to make a profit for their family.

Many mothers have learned that they are talented and able to return to their communities with a new skill.



*Not only does MAMA have its own programs in Child Survival, but MAMA dedicates time to helping other organizations develop their own Child Survival Programs in the countries where their work is focused.*

Dr. Jane Ferry participated in MAMA's Child Survival Trainings and recently shared the following:

"All of the training was immensely useful for Blair in Kenya ([www.blair-inkeny.com](http://www.blair-inkeny.com)) and the 5 trips I have taken to Kenya."



Left is a photo of Dr. Ferry caring for a man's wound on a recent trip. She says, "As I was caring for [this man's] wound, I was wondering if I was making a difference in the lives of those I met. Just after these thoughts, I was walking back to our village home for lunch when the man in the photo [below] ran to me and told me I had saved his leg.

One year prior I had cared for a similar wound and now he was entirely healed. It was the universe telling me to keep going and not to doubt.

Thank you again for all your help and support. It TRULY made a difference."



Hannah Hunter also participated in the Trainings to help her work in Kenya. Hannah shared the picture to the left to show the water source for the community in which she is working to provide water filtration systems, deworming medicines, and micronutrients.



Hurricane Matthew devastated much of Haiti. MAMA Project works with The Tree of Life School in Labaleine, Haiti to provide scholarships for students. Recent reports show that about 25% of the children live in homes that were damaged from the hurricane. In addition a large tree fell and crushed the roof of the school cafeteria. If you wish to help the families and school, please send your donation to MAMA Project with Haiti in the memo line. All donations will be sent to the school to help the families and the school rebuild.

### **Support MAMA Project this Holiday Season:**

Donations can be sent to:

MAMA Project, Inc.  
2781A Geryville Pike  
Pennsburg, PA 18073

If making online purchases this Christmas, shop through Amazon Smile or Goodshop (see [www.mamaproject.org/donations.html](http://www.mamaproject.org/donations.html) for more information)

### **Mark your calendar for these upcoming events:**

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|-------------------|---|
| February 4, 2017: | Team Orientation (Learn more about serving with MAMA Project on a mission trip to Honduras) |
| March 3-4, 2017:  | Child Survival Training (Perkiomenville, PA)  |
| June 2, 2017:     | 10th Annual Golf Outing (Bally, PA)   |
| October 14, 2017: | Team Orientation  |

## **There is HOPE!**

As this woman walks back to her house with her new water filtration system, she goes with hope that she can transform her family and prevent malnutrition and illness from devastating their lives.

**MAMA will continue to give HOPE to many families!**

