

MAYANZA

Annual Report 2020





Letter from the Executive Director

Dear Friends,

Wellness is at the heart of everything that we do at Mayanza, and it continues to center us as we live through the time of coronavirus and subsequent economic uncertainty.

Our work has always focused on wellness – first with outreach to school children in their classrooms with education, health screening and supplies. Then, as we moved into the community to reach the heart of the home, the women. This year, we have grown deeper into the community and aimed to reach all members of the family through our Community Health Fairs.

The year began with our largest team of professional healthcare providers and non-healthcare volunteers screening over 500 children for dental disease and anemia and monitoring heights and weights to ensure their growth. During the trip, our team partnered with a number of local organizations and schools to provide a series of Community Health Fairs that reached over 360 community members.

As the pandemic and ensuing uncertainty began, and the needs of the community shifted, so did our focus. We responded to the tremendous food insecurity throughout Santiago by providing bags of healthy food to those in need, and quickly moved to a more sustainable model by providing education and supplies for home gardens and raising chickens. During this time, our health educator continued to promote a culture of wellness throughout the community by distributing masks and soap and providing education about prevention of the virus.

Throughout this incredibly challenging year, our supporters have provided us with the financial support to continue our current programs and pivot to some new ones. This year's annual report highlights how we work toward meeting the needs of the community of Santiago Atitlan. As we work, we grow, we learn and we adapt. Our partners featured in this year's report allowed us to grow, learn and adapt to the challenges that we faced this year- and we could not have done it without you!

I invite you to learn more about our work, our partners and our stewardship of charitable funds. Join us in making an impact on the wellness of the community of Santiago Atitlan together.

Jami Smith, MPA, MEd, PA-C
Founder and Chief Executive Officer

Mayanza's mission is to improve the health of school children in Guatemala through health screenings and education.

Our story began in 2016 with a mission trip to Santiago Atitlan, Guatemala, in order to provide health screenings, health education, and hygiene supplies to the children of the community.



Since that time, we have grown to support educational sessions for the women in this community focused on nutrition, hygiene, exercise and preventive health. In addition, we have provided the resources and education for sustainable healthy food options.

While our programs target different segments of the community, all of them have a single common goal:

to give the people of Santiago Atitlan the health resources they need to support their families, contribute to their community, and live the lives they want to live.

Our activities in 2020

Oral health and hygiene

Dental screening and prevention: Our team conducted dental disease screenings, applied fluoride varnish and provided hygiene supplies **for nearly 550 children.**



Restorative dental care provided:
172 fillings
154 extractions
29 cleanings
149 sealants



Dental treatment program for children: Following the dental screenings, **142 school children received restorative dental care**, facilitated by grant support from The Oral Health Foundation of the Pierre Fauchard Academy and in collaboration with dentists and dental students from the University of San Carlos in Guatemala.

Health education



Health educator Lola Atjujal Chiviliu started the school year teaching health education topics including **hygiene, nutrition, physical education, and disease prevention.** Schools closed in March due to the COVID-19 pandemic, but Lola will continue these activities in 2021 for her fourth year with Mayanza.

Health screenings and anemia program

In February, our team of health care providers, students and volunteers provided health screenings to almost 550 students in our four partner schools. Over time, screenings of hemoglobin levels have indicated a **large decline in the prevalence of anemia** in the community.



Our activities in 2020

Diabetes Prevention

The first group of 12 women graduated from our diabetes prevention program. The women learned about nutrition, physical education, diabetes prevention, stress management and goal setting. These women will go on to share the knowledge they have gained for the benefit of the broader community.



A second group of women was recruited and started the diabetes prevention program online due to the COVID-19 pandemic. While the course faced delays and other challenges, we plan to resume the program fully in 2021.

Community Health Outreach

We hosted **Community Health Fairs** at four partner schools and provided health education and supplies to **over 360 people**. Based on the findings of a needs assessment, topics included oral and hand hygiene, nutrition, diabetes and anemia prevention, exercise, reproductive health and mental health. Financial support was provided by the PA Foundation Robert K. Pedersen Global Outreach Grant.



Our response to the COVID-19 pandemic

Shortly after our trip to Santiago Atitlan in February 2020, the COVID-19 pandemic was accelerating its spread across the globe. Extensive lockdown measures were enforced in Santiago Atitlan, with particular consequences for families and school children. In order to respond and support the community during this extremely challenging time, we shifted our focus to a number of new activities.

In the short term, we relied on our partnerships and existing networks to reach families in need with food and health supplies.

We partnered with the Mother Artisans group of Escuelita Puerta Abierta to manufacture 1500 cloth masks, which were distributed by our health educator to community members in need, alongside hand-washing education and 600 bars of soap.



In collaboration with Olla Comunitaria, a volunteer organization led by women from Santiago, we supported over 500 families with hot meals and bags of healthy food.



For four months, we provided bags of healthy food to 30 vulnerable families identified by a social worker.

In a joint effort with the Sparks Foundation, 186 families from two of our partner schools received a large bag of nutritious food.

Over time, as the pandemic persisted and families continued to struggle, we shifted our approach to focus on more sustainable efforts. We plan to continue these activities even after the pandemic ends.

Women's Livelihoods and Family Nutrition



In Chacaya and Tzanchaj, women received education and supplies to grow gardens and raise chickens, enabling them to provide nutritious foods for their families.



Family Gardens

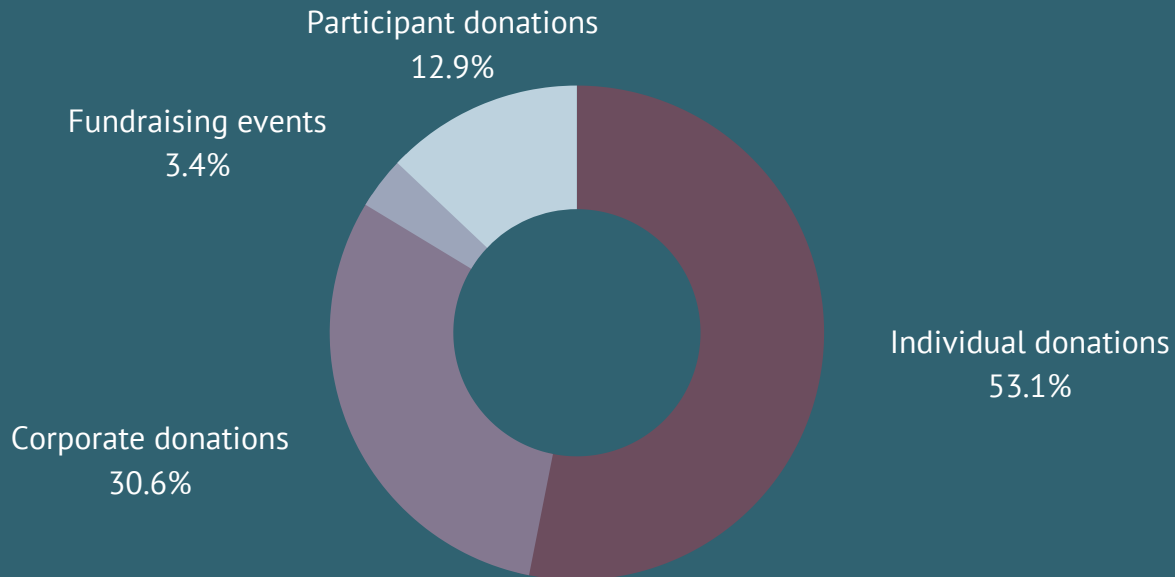
A partnership with iMAP provided education and resources for families to establish household gardens.

Online Auction

In December 2020, we held an online auction of handmade Guatemalan goods and raised \$1000, which will support our activities in 2021.

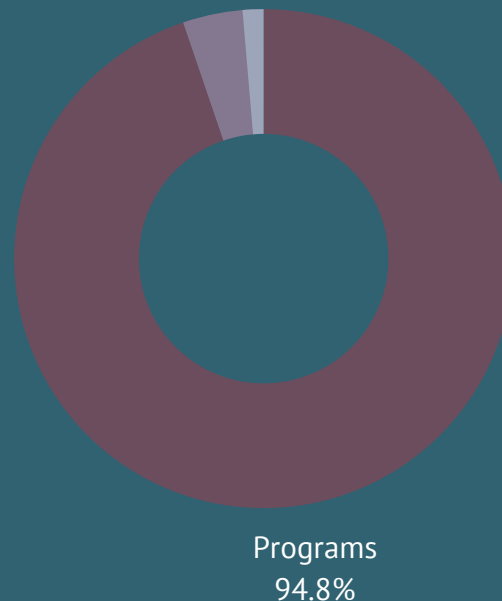
Financial overview

In 2020, our revenues totaled \$41,196.95.



Our expenses reached \$32,662.30.*

Administration: 3.9% Fundraising: 1.3%



*Funds that were unused in 2020 due to the constraints brought on by the COVID-19 pandemic on our activities will go to support our programs in 2021.

Our community of supporters and partners

We are so grateful to a wonderful group of individuals and organizations whose support allows us to pursue our work in Santiago Atitlan.

Donors

Recurring donors

Tom Aprea
Julie Ciupak
Aubrie Frehner
Christine Larson
Melissa Smith

Gold level donors (\$250+)

Adeel Anwer
Adrienne Benn
Julie and John Ciupak
Christine Larson
Michael and Jami Smith
Margarita Rozenshteyn
Emilee Thomas

Silver level donors (\$100+)

David Benadon
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Megan Dorris
Shannon Diallo
Robert Downes
Elizabeth Eden
Roberto Gerardi
Cassandra Haynes
David Hoshino
Trishul Patel
John Stebbins
Katie Stebbins
Kristin Volk
Brian Whalen

Volunteers

Brianne Flynn
Itzel Nino
Chrystine Zacherau
Elyse Archila
Emily Carson
Maritza Abonza
Miriam Guirgis
Laura Trisch
Jeannette Oliveras

Katie Stebbins
Liz Eden
Adrienne Benn
Adeel Anwer
Christian Gonzalez
Missy Skolnik
Roberto Gerardi
Elena Schatell



Bronze level donors

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Kelly Gillen
Channy Kong
Priscilla Lam
Gagan Lamba

Katherine Lewis
Lisa Midgley
Mary Roach
Emily Spilko

Megan Stock
Brittany Thompson
Elizabeth White
Many anonymous donors

Partnerships

Soles4Souls
iMAP
Olla Comunitaria
Escuelita Puerta Abierta
Escuelas Panul, Chu'ul and
David Lamotte
The Sparks Foundation
Health Fair Collaboration
Pueblo a Pueblo
Saving Mothers
Hospitalito Atitlan
Tui'k Ruch' Lew (TRL)

Grants

The Oral Health
Foundation of the Pierre
Fauchard Academy

PA Foundation Robert K.
Pedersen Global Outreach
Grant

Corporate Contributions

Takeda Pharmaceutical
Company

How to get involved

Donate on our website to help us continue our community-based work: https://www.mayanza.org/get_involved

Join us in Guatemala! Reach out to us via our website and join our mailing list for updates when we will return.

Reach out to us about **corporate giving and matching**. Get in touch directly via our website:

<https://www.mayanza.org/contact>

Our team

Board of Directors

Jami Smith, MPA, MEd, PA-C: Founding Member, Chief Executive Officer and President

Carla Pardee, MS, PA-C: Founding Member, Vice-President

Emilee Thomas, MBA, MPH, MMS, PA-C: Founding Member, Treasurer

Board Members

Adrienne Benn, MS, MBA: Chief Growth Officer

Priscilla Lam, MS, PA-C: Secretary

Local Staff

Dolores “Lola” Ajtupal Chiviliu: Community Health Educator

Febe Quinillo: Physical Education Educator

Sponsor a webinar with a group of friends on a topic such as:

- **Handmade tortillas and pico de gallo**: This is a step by step, hands-on, virtual class to learn how to make a staple of every indigenous Mayan home in Santiago. The teachers of Puerta Abierta early learning center lead this fun and interactive session that will leave you with a delicious appetizer to enjoy.
- **Mayan chocolate making demonstration and tasting**: Have you ever wondered where your chocolate comes from? From humble beginnings as a bean to the rich, delicious treat we love, the Mayan process of making handmade chocolate has been perfected and passed down through generations. You will learn about the value of chocolate in the Mayan culture, see the chocolate making process and sample different flavors of chocolate made by the artisans of Licor Marron Chocolateria.
- **Mayan traditional backstrap weaving demonstration**: This webinar features Clementina Vasquez, the manager of the Artesania Maya Women's Weaving Cooperative, from San Juan la laguna, Guatemala. You will learn how cotton thread is hand-spun and vibrant colors are created using all-natural, locally sourced dyes. Then you will see a demonstration of how the textiles are hand woven on a backstrap loom, a tradition that has been passed down through families for centuries. This cooperative supports 35 women artisans and their families.
- Reach out to Mayanza to schedule a session for a private group for teambuilding or a cultural exchange.



Visit us at <https://www.mayanza.org/>