



Quarterly **Esperança Newsletter**

JANUARY-MARCH 2021

Making Rural Women a **FORCE!**

Growing up in the district of Rondocan, Peru, **Grimaldina witnessed first-hand what food insecurity can do to families and children.** When she had her son, she was determined to make a difference, for her child and her community's sake.



Grimaldina may only have a sixth-grade education, but **your support has helped her become a force for good in her community.**

It was at a School District Leadership session where she was exposed to the work of Esperança for the first time. The agricultural projects being discussed there inspired her to learn more. **She traveled 160 miles to Abancay to visit projects already in action, to learn all she could about greenhouses, soil conservation and more,** soaking it all up for use in her own community. She never

Traveling miles to learn about agricultural projects, greenhouses, soil conservation and more on her own, Grimaldina shares her knowledge with her community to eliminate food insecurity.

Continued inside...

Rural women have long been an invisible force in our worldwide communities. The disproportionate impact of extreme poverty and structural barriers limit their potential significantly. Esperança is committed to supporting the work of rural women and expanding their reach through capacity building, access to land ownership, and microbusiness support. In this newsletter, we celebrate the victories of rural women in Esperança programs around the world despite countless barriers. Thank you for being a part of this positive change. — Anna Ortiz, MPH



Anna Ortiz, MPH
International Program Director



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expected the reception she would receive when she returned!

Eager to learn from her experience, the Communal Board of Directors of Management, traditionally a men-only board, invited her to join in 2019. **Since that time, Grimaldina has used her new position to partner with Esperança on a variety of new agricultural projects, growing quinoa, tarwi, vegetables and beans of all varieties to reduce malnutrition and anemia in her district.**



A healthy vegetable garden means a healthy community. Grimaldina and her community are grateful for the support and knowledge given them by you and Esperança.

“In addition to the technical advisory in the planting of crops and vegetable plots, Esperança taught us to prepare nutritious dishes based on the crops,” says Grimaldina with a huge smile. **“It is all that I can do to share the experiences I have lived, in honor of the truth and to give my thanks to Esperança for all that they offer me.** Today I feel strengthened, and I ask that they continue to support us in strengthening our organizations, our capabilities and our community!”

Quinoa Tortillas

You can get a taste of the hope Grimaldina is serving up in Peru with this quick, yet delicious recipe!



QUINOA TORTILLAS

4 servings • 15 mins

INGREDIENTS

- 1 cup of cooked quinoa (any variety except black)
- 3½ cups spinach
- 2 cloves of ground garlic
- 2 eggs

PROCEDURE

1. Briefly sauté the spinach, then separately sauté garlic, pepper and salt in oil. Remove from heat.
3. In a separate bowl, mix quinoa and spinach with the garlic and add the eggs. Stir.
4. In a frying pan, heat the oil and portion out small patties to fry.
5. Cook over low heat for a few minutes, then flip the tortilla to cook and brown on both sides.





COVID Catch-22

Timotea's family was abandoned, but your support allowed Esperança to come through!

Timotea lives in Bolivia with her three young daughters. Working together, they make a living as street vendors in the urban neighborhood of Tarija. **Or they did, before COVID-19 struck their household.**

"Everyone in my family tested positive. They sent us home and told us not to leave...it was terrible because we wondered who would earn the money to buy food! **The health center workers told us that they would bring us remedies, but the days passed and they did not come. Thankfully, you appeared,**" explains Timotea, referring to the project facilitator for Esperança Bolivia.

Timotea is a long-standing member of an Esperança support group for patients with non-communicable diseases. The goal of these groups is to motivate participants to better their quality of life through a good diet and a healthier lifestyle. When she stopped contributing to the WhatsApp chat (established to keep the group in contact during quarantine), we knew something was wrong.

We found that due to the high number of cases in her area, the local health system had collapsed, leaving

Timotea and her family stranded. **Thankfully, your love and support were there to provide them with food, hygiene supplies and medication right when they needed them most.**

Though not able to return to work, Timotea and her family receive regular food and medication deliveries. Esperança also continues to provide psycho-emotional support through weekly calls to the members of her group.

"Thank you for the support that cared for us during times I never would have imagined. I felt rejected by my neighbors but you have been attentive. You have encouraged me to overcome the fear. **Feeling your support helped us recover from the illness.** We are grateful for the food and supplies that lifted our spirits. Thank you!"

When health center workers failed to provide assistance that was promised, Esperança came through to help Timotea and her family recover from COVID.





Saving a life – not once, but thrice!

Rutey is a single mother who lives with her 11-year-old son, Vicente, in Maciene, Mozambique. She was forced to separate from Vicente's father when the relationship became abusive, and she had to learn to rely on herself for survival.



Rutey's life has been saved three times, thanks to your support. She and Vicente are grateful for the care provided by Esperança.

When Rutey met Sebastian, she thought he was the answer to her troubles. Her son would have a father again and there would be someone to help her put food on the table. But soon after

Rutey became pregnant, she noticed something was wrong. Sebastian wouldn't come with her for check-ups at the hospital.

When Esperança health activists learned of Rutey's situation, they urged her to get tested for HIV. The results explained why Sebastian stayed home. He was HIV positive and knowingly infected Rutey with the disease.

Sadly, her newborn baby also tested positive and passed away four days after birth. Returning from the hospital, Rutey confronted Sebastian and ended the relationship. **Thanks to you, we were able to provide Rutey and her son with food and follow-up visits for months while she recovered from labor.** You also helped supply her with bean, corn and peanut seeds that she uses to grow food for her family.

"Esperança saved my life three times," she said. "The first was when they advised me to open the file as soon as possible, since I didn't know my HIV status. The second time was when they accompanied me and advised me when I had to go get the HIV test results. The third time was to take care of me after childbirth. As you know, we have very little. The help of Esperança allowed me to recover and be able to take care of myself."

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The Esperança leadership team is here for you!

Have a question? Give us a call.

