Responding to Diabetes Acceleration in Ecuador

The World Health Organization projects that nearly 1 million Ecuadorians will have diabetes by 2030. Medicine can be expensive or altogether unavailable, and many people must learn to manage this disease without the help of pharmaceuticals. Manna Project is responding in partnership with the Hospital de Sangolquí and Dr. Manuel Escobar through the Diabetes Club.

MPI Ecuador hosts a weekly group to promote healthy living while empowering community members with tools for diabetes management. At every meeting, Program Directors lead an interactive exercise session where participants learn exercises including yoga, Zumba, and body movements they can also practice at home. After the workout, the group prepares and enjoys a popular dish that has been modified for diabetes management.

As Country Director Nancy Shattuck says, “Diabetics want treats, too!” Many of the participants are older women who share that this is the only organized exercise they have every week— it’s why they keep coming back! Would you like to support resources for community members with limited access to insulin?

Tackle Poverty with Your Favorite Football Team

Thank you Austin and Kelsie for supporting female entrepreneurs AND your team! The COOSMECH jewelry cooperative empowers 25 women with entrepreneurship opportunities and access to education. COOSMECH is now taking orders for custom bracelets in your favorite football team’s colors — why not give your Blade De Agres a ‘touch of class’?

Email info@caminonuevonica.org to request your custom order form!

Nicaragua Team Reflects at Laguna de Apoyo

‘Thursday morning we packed up the Micro, said goodbye to our beloved dogs, Roscoe and Tola, and took off for our retreat. Laguna de Apoyo is one of the most breathtaking natural wonders I’ve experienced. The views are so serene and beautiful, and the order of the day is all about relaxing and enjoying our surroundings...’

You can read the rest of Program Director Carissa Chen’s blog here -- >

Start Your Day Right with the One Today App

You can do a lot of good in a short amount of time—check out One Today by Google. One Today lets you easily give $1 each day to causes and nonprofits that inspire you. It’s a community of generous people like you doing one good deed a day.

You may like these projects:

$1 = 7 dehydration treatments
$1 = 1 hour of reading instruction
$1 = art class for 10 children
$1 = 1 hour of leadership training

Experiencing Life on an Ecuadorian Family Farm

Program Director Kelsey Williams was up with the dawn to milk the cows.

‘Over three days we had the opportunity to experience a new part of Ecuador that many of us had never seen before, and experience a new way of life. We learned how to milk cows and got to participate in daily farm chores. The family taught us how to make some of the most delicious empanadas I’ve ever tasted, filled with cheese from the same cows that we got to milk!’

You can read Senior Program Director Carley Clement’s retreat story here -->

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We are so grateful for you!

Contact us any time - Thank you!

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