



Our first stop on the trip was in El Salvador, where we had a chance to see the progress being made on the 5<sup>th</sup> Senior Center in that country. All the construction was being done by volunteers, with materials being provided by SimplyHelp. The center should be completed by August, and will house up to 18 seniors.



One of the over 100 seniors that SimplyHelp currently houses. This woman was 82-years old, and although she had 12 children, none of them could care for her, as every one of them had already passed away. She makes clothing for herself and others at the center, even though she is completely blind!



Some of the seniors that are being cared for have been picked up by the police, completely destitute, and brought to the center for care. They receive food, clothing, and are monitored by salaried personnel and volunteers.



Construction at Senior Center #4. Due to the steep, hillside location, a complicated retaining wall needed to be created to stabilize the foundation. This is being completed by volunteers, with the materials being donated by SimplyHelp.



The Taiwan Ambassador Andrea Lee, the ex-President of El Salvador and his wife Dona Ely, and Tina Bow with some of the many donated items that help support vocational schools in El Salvador.



Tina Bow with the Taiwan Ambassador, the Mayor of Varagosa, El Salvador, Dany Rodriquez and students from the Computer Training Vocational Center. SimplyHelp donated the computers and other items that help finance the teaching of these students from poor neighborhoods.



An emotional graduation ceremony at the Vocational Center for Women. Several women gave



tear-filled thanks for the opportunities afforded them through the center. Many escaped both poverty and abuse to learn a skill, better their lives, and support their children. There was not a dry eye in the house after their inspiring stories of empowerment, a cornerstone of SimplyHelp's mission.

A small sampling of goods donated by SimplyHelp in support of the Vocational Training Center.



Training activities at the Vocational Center include computer repair and saleable crafts, such as the production of “piñatas” for sale to the public, to support the costs of the training.



Women learning cosmetology and cooking in order to help them gain employment to support themselves and their families.

In Guatemala SimplyHelp is presented with a Certificate of Appreciation from the First Lady's office for the support provided to that countries poor and elderly.

Tina with the Taiwan Ambassador Mr. Sun and the Mayor of Mixco, Guatemala and his wife (in orange), with donations made by SimplyHelp to support the education of students in poor communities.





Graduation ceremony at one of the schools that donations from SimplyHelp aids to help bring quality education to the poorest communities in Honduras. Standing is Lucrecia Alvarez, wife of the Vice President of Honduras, along with the school principal and Taiwan Ambassador.



Outstanding student receiving gifts donated by SimplyHelp as rewards for their achievement. At right is the start of additional classrooms, which is on hold because the school cannot afford to complete the much-needed project.



SimplyHelp donating new computers in Nicaragua. Because of SimplyHelp's past efforts in creating Computer Learning Classes, the government has now decided to expand their own efforts to educate students in poor districts. The current classes now train 700-1000 students at each school.



SimplyHelp's donation of luggage provided one of the local soccer teams bags with which to carry their supplies to away games. The team members previously had to use plastic bags due to lack of funds.



Tina with the seniors and staff at the Panama Senior Center. SimplyHelp provides funding, clothing, wheelchairs and medicines to provide quality-of-life to well over 100 seniors in Central America. The lack of a social “safety net” for these seniors makes the efforts of SimplyHelp particularly critical.

SimplyHelp encourages those who would like to help to “Adopt A Senior” by donating \$100 monthly to pay for the food and care for one of our seniors. Because we are a charity of volunteers, this small amount can support a senior for an entire month. Please help us in helping them!