



# Newsletter 2024



**Luis Amado**  
Executive Director



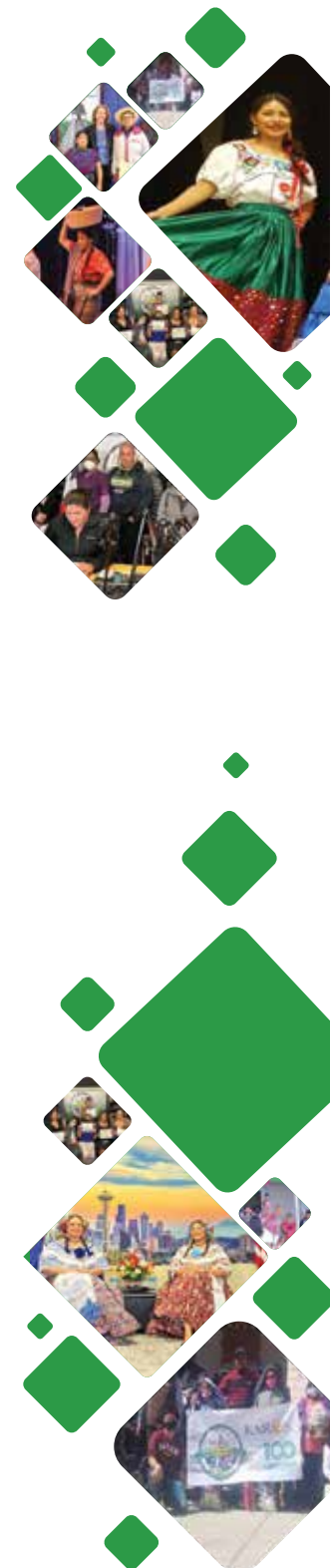
**Francisco Matías**  
Co-Director

This year marks a special chapter in our commitment to serve and strengthen our multicultural and diverse community in Seattle and beyond. At Friends of Seattle Non-Profit, our mission is to ensure that everyone in the community has access to information in the areas of education, folklore, arts, health, environment and communication.

We are deeply grateful to our sponsors, board of directors, volunteers, Community Health Workers and individual donors for their generous support, dedication and commitment. Your valuable contributions and efforts are critical to the success of our initiatives and the positive impact we have on our community.

*Luis Amado*

*Francisco Matías*





# Newsletter 2024 Amigos de Seattle

Non-Profit 501C3

This year we held workshops on **Oral Health, Mental and Emotional Health, the Environment and Guatemalan Cultures and traditions**, strengthening the well-being and sense of identity of our participants.

We also celebrated the **Diversity Gala and the 10th anniversary of Amigos de Seattle**, promoting inclusion and respect in our community, and continued our radio programmes to inform and connect. We worked with the Heal Project and also delivered food boxes to families in need, providing support to those who need it most. Our future projects: How to Save?, Bullying Prevention and Capacity Building.



**Thank you for joining us for another year of accomplishments and shared experiences!**

At Seattle Friends, we are proud to present our year-end newsletter, reflecting on the activities that have allowed us to strengthen our ties with our community and enrich our cultures.

## Compost and Waste Prevention Workshop

Amigos de Seattle held educational workshops, free and open to the entire community, that focused on teaching practical skills for sorting waste correctly. In these workshops, participants learned how to reduce waste in their homes through recycling and composting techniques, and as an incentive and support to start this process at home, each participant received a free waste bin to facilitate responsible and sustainable waste management.

Sponsors: Waste Management and Seattle Public Utilities



Patricia Palomino  
Facilitadora

## International Project: Solidarity in Indigenous Communities of Guatemala and Mexico

Working with local communities in Guatemala, this project has made a significant difference to basic education in indigenous areas. Thanks to our donation of desks, students from different communities now have a proper place to learn and develop.

### Infrastructure Improvement in the Mixtec Community, Oaxaca

Another part of this joint effort has been focused in Oaxaca, in the Mixteca community, where the support of volunteers and donations has allowed us to make progress in paving one road. This change to the local infrastructure will benefit all residents by facilitating transit and promoting community safety, especially during the rainy season. This project is an important step in the development of the community and its access to better services.







## ADS Radio: The voice of the community



At Amigos de Seattle Radio, we have strengthened our connection to our community thanks to the sponsorship of King County, which has allowed us to offer educational spaces with speakers on health and environmental issues, and the support of Neighbor to Neighbor (N2N) in our Latino Voter Outreach program, complemented by a political forum organized with Villa Comunitaria. We invite companies and organisations to collaborate with us in the production of content and to use our advertising space to reach an engaged audience.

We create content that meets the interests and needs of our listeners, from health and culture to social and educational issues. Check out our available packages.

-  206-471-5322
-  <https://www.adsradio.org>
-  [amigosdesettle2014@gmail.com](mailto:amigosdesettle2014@gmail.com)
-  P.O. Box 80332, Seattle, WA 98108





## Salud Oral para toda la comunidad

Amigos de Seattle organised a very successful oral health workshop in which families from our community actively participated. During the workshop, participants learned proper brushing techniques and identified the most common oral diseases, giving them practical tools to prevent them in the future.

More than 150 oral health kits were distributed free of charge at the event to help participants take care of their oral health on a daily basis.

Special thanks to our sponsor, the ARCORA Foundation, whose generous support made this health and wellness initiative for the community possible.



## Celebrating "Cultures and Traditions of Guatemala".

In our Cultures and Traditions of Guatemala workshops we celebrate the cultural richness of this country and explore the traditions of the four main cultures: Maya, Ladino, Garifuna and Xinca. Through educational and recreational activities, participants enjoyed an immersive experience discovering the music, language, crafts, history and gastronomy of each culture.

More than 200 community members participated in this free event, which allowed us to build bridges of understanding and appreciation for Guatemala's diversity. The workshops not only promoted knowledge and appreciation of these cultures, but also strengthened community ties and intercultural understanding.



We thank our sponsor, Seattle Neighborhood, for their support in making this cultural encounter possible.

## Amigos de Seattle: Key Partner in Project HEAL

Thanks to DVSA's support, Friends of Seattle has become a key partner in Project HEAL. Working with the community, parents and more than 10 organisations in South Park, we have addressed the needs and priorities of the Duwamish Action Plan using a participatory methodology that has proven to be highly effective. This collective effort has allowed us to develop strategies based on collaboration, ensuring that community voices and input are at the centre of our actions.

Partnership with DVSA



## Seattle Friends 10th Anniversary and Diversity Gala Celebration



This year, Amigos de Seattle celebrated a decade of commitment and service to our community with an emotional Diversity Gala, an event that brought together friends, staff and leaders who have supported our mission over the years. We had the valuable participation of State Senator Rebeca Saldaña and Paulina López, DRCC's Executive Director, who highlighted the importance of diversity and the community impact we have built together. We would like to express our deep gratitude to our collaborators: Organización Inatai, Casa Patrón, Monserrate Colombia Cuisine, Salvadorean Bakery & Restaurant, and Agrupación Musical Sabor Latino, whose vibrant music brought everyone together for an unforgettable evening.

Thank you to everyone who attended for being a part of this celebration and for your continued support in making Amigos de Seattle a pillar of our community. Here's to many more years to come!

## Our Team



**Luis Amado**  
Executive Director



**Francisco Matías**  
Co-Director



**Melissa Lázaro**  
Project Manager

## Executive Board

María Hernandez (presidente), Ivonne Vivo, Gladis Clemente, María Ramírez, Michelle López, Luz Cárdenas y Maggie Angel.

## Volunteers

Samantha Carrillo, Carlos Rivera, Juanita, Araceli, Eufemia, Polo, Luis Herrera, Carlos Velázquez, Fernando Buitrón, Saúl Buitrón, Samantha Trujillo, Guadalupe Martínez, Melina Rivera, Yoelin Corner, Juan Pérez, Eufemia Mazariegos, Aracely Ruíz, Jhovany Pérez, Juana Quiroz, Rubén Cortez, Leopoldo Maus.

## Community Health Workers

Gloria Ramírez, Diego Soto, Silvia Blanco, Martha Velasquez, Evelin Rivas, María Hernández.

## Sponsors



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