

Dear Friends,

In September 2024, we returned to Honduras to celebrate our 25th year of service with our dedicated staff and patients. The commitment of our staff members is reflected in the well-being of our HIV+ patients; an **amazing 97% of whom now have undetectable viral loads.**



*Hosting, celebrating and reconnecting with the Siempre Unidos team*

As you will see in our advocacy and outreach updates, we supported the LGBTQI+ community and provided medical care to some of the poorest Hondurans.

I also want to thank each of our wonderful board members, most of whom have dedicated many years of service to Siempre Unidos. They worked especially hard in 2024, attending extra board meetings (usually with perfect attendance!), serving on committees, interviewing candidates, and providing thoughtful leadership during changing times. We are pleased to welcome Episcopal Bishop Brian Seage to the board.

Thanks to your unwavering support, Siempre Unidos continues to make great headway towards our **goal to eradicate HIV in Honduras through effective treatment, diagnosis of new infections, education and prevention.** I am proud of how far we have come over these last 25 years.

With immense gratitude,

Denise M. Main, MD  
Co-founder & President,  
Board of Directors



## A MESSAGE FROM EL REVERENDO

Denise is right. As we enter our 25th year of partnership with you, our fabulous American supporters, it is important to celebrate our successes. When we started, our clients wanted money for coffins and indeed, in December 2003, we provided funeral services for 42 individuals who died from AIDS in just that month. In 2024, none of our 526 longer term HIV+ patients died from HIV complications. (One person came with advanced AIDS and we could not save him. This still happens in Honduras.)

Thanks to all of you, tremendous supporters, we are finding the remaining untreated people living with HIV and educating others on how to avoid infection. At the same time, we are keeping our patients healthy, so they can't spread the disease to others.

With "millones de gracias",

The Rev. Pascual Torres  
Co-founder & Honduras Executive Director

### Board of Directors

**Denise Main, MD**, President & Co-founder

**Elisabeth Fowler**, Treasurer & Director

**Colin McNamara**, Secretary & Director

**Jay Lalezari, MD**, Medical Director

**Lydia Arellano**, Director

**Janet Brown**, Director

**Thomas Coyne**, Director

**Galen Main**, Director

**Brian Seage**, Director

**Evelyn Wells**, Director

**Pascual Torres**, Director & Co-founder

**Evelyn Wells**, Development Director

**Sophia Sleep**, Program & Grants Manager

**The Rev. Pascual Torres**, Honduras  
Executive Director

### Contact information:

1001 Smith Road

Mill Valley, CA 94941

[info@siempreunidos.org](mailto:info@siempreunidos.org)

[www.siempreunidos.org](http://www.siempreunidos.org)

## CLINIC-BASED SERVICES

### Siempre Unidos Reaches a New Milestone: 97% Undetectable Viral Loads

You may remember that eight years ago, with your support, Siempre Unidos was able to purchase a viral load machine--only the second such machine for the entire country. This enables us to monitor the viral load of each of our HIV positive patients in a timely manner and respond to changes clinically. In 2024, Siempre Unidos achieved a new record by reaching an incredible 97% of HIV positive patients with undetectable viral loads. **This exceeds the WHO goal of 95% by 2030.**

When viral loads become undetectable, the virus cannot pass from one person to another. Having an undetectable viral load helps improve the life expectancy of patients living with HIV, and patients enjoy a high quality of life. As one patient recently shared, "I now live my life normally, with only a few adjustments."

As economic, political and security conditions further deteriorate in Honduras, our staff is working with our poorest HIV+ patients - one by one - to identify opportunities and enable them to develop skills to support themselves economically.



*Continued community outreach and testing*



## ADVOCACY

### Supporting Gay Pride in Honduras



*Siempre Unidos team members providing water and snacks during the Gay Pride march*

Siempre Unidos has always played an important role in advocating for the rights of the LGBTQI+ population, who make up 25% of our patients.

In Honduras, the LGBTQI+ population faces discrimination and HIV continues to be highly stigmatized. **At Siempre Unidos, we see it as our duty to advocate for LGBTQI+ rights.** Siempre Unidos does this in many ways: through workshops, legal aid for persecuted patients, and by supporting Gay Pride events in Honduras.

Last summer, Siempre Unidos was part of the organizing committee for Gay Pride month in San Pedro Sula. Staff attended and hosted coordinating meetings to make the campaign a success. Throughout the month, different organizations and groups hosted activities all over the city in support of Gay Pride, including talks, public roundtables, theater shows, and museum exhibitions.

The month culminated with a **Gay Pride march attended by a record 1,500 people.** Your support helped Siempre Unidos to provide water and refreshments for those marching for LGBTQI+ rights.

## OUTREACH

### Deepening Relationships with the Most Vulnerable

Siempre Unidos continues to focus our outreach efforts to the most vulnerable communities with little or no access to healthcare. These include:

- ✿ People who live at the municipal dumps and pick garbage to try to make an income
- ✿ People who live in the “bordos” (temporary housing along the riverbanks that flood each rainy season)
- ✿ The Garifuna community (the black population of Honduras who face discrimination, poverty and higher rates of HIV).

**Your support enabled Siempre Unidos to host 39 pop-up medical clinics and provide 83 educational talks in 2024.**

Some of the patients we treated had never seen a doctor before. Through this outreach, Siempre Unidos becomes a recognized and trusted name. We spread the word about HIV, offer testing, and provide general medical services to those most in need. Because of our long-standing relationship with Direct Relief (Santa Barbara, CA), our staff can provide many medications for free.



*Doctor Santos providing community medical care*

***"Coming here to Siempre Unidos is like having another family."***

## SPECIAL REPORT

After 4 years without a visit to Honduras due to COVID and worsening security, a Siempre Unidos US contingent went to visit the Honduran program and staff. Denise Main (Board President and Co-Founder), Elliott Main, and Sophia Slep (US Program & Grant Manager) visited San Pedro Sula in September 2024.

We hosted a dinner with all staff to thank them for their work, build deeper bonds, and discuss ideas for the future of Siempre Unidos. We visited the San Pedro Sula clinic where we had the opportunity to meet with patients, who shared their heartfelt gratitude for the life-saving work that Siempre Unidos does.

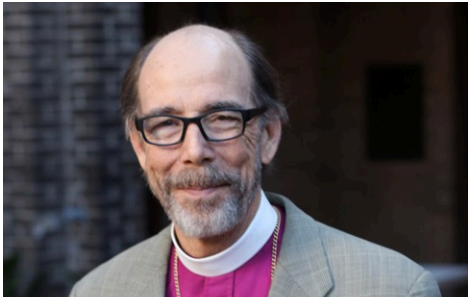
One patient shared: “Coming here to Siempre Unidos is like having another family. I didn’t have anywhere to go, but here they gave me a home.”



*Discussing ideas for the future of Siempre Unidos*



# CHANGES TO THE BOARD



Brian Seage

We are delighted to welcome Bishop Brian Seage to our board. Brian served as the Bishop of Mississippi from 2014 to 2024. He recently moved to Marin County to join his wife Kyle Seage who is rector of St. Stephen's Church, Belvedere. He is currently serving part time as the Assisting Bishop of Texas.

Brian is a kind, wise and thoughtful member of our board and adds needed expertise about the functioning of the US Episcopal Church including its Missionary Diocese of Honduras. Brian replaced Rev. Richard Schaper, a longtime board member and secretary. We thank Richard for his years of service and wish him well as he extends his travel itinerary.

# KUDOS TO HONDURAN BASED FUNDRAISERS!

Pascual and the team continue to raise funds within Honduras through a variety of creative ways, including hosting a very popular Solidarity Bingo night, raising funds through the Episcopal schools, and soliciting donations from supporters within Honduras.

We are extremely proud to share with you that the **Honduras team raised an incredible \$21,000 USD in 2024**. This fundraising is outside of the financials below. The staff in Honduras prioritized using these funds to purchase a new hematology analyzer for the laboratory, seven computers, a multimedia projector, and speakers.



Raising funds through our very popular Solidarity Bingo



# FINANCIALS

This year, we were fortunate in that income (\$474,069) came in slightly higher than expenditures (\$461,085) allowing Siempre Unidos to set aside \$12,984 to refill the 3-month operational reserve. Of the expenditures, only 7% was spent on administration and less than 1% on fundraising. Projects funded in 2023 by Gilead Sciences and St. Margaret's Episcopal Church were implemented and completed in 2024.

