



San Juan La Laguna, Sololá  
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info@centromayasi.org  
www.centromayasi.org

## WISH LIST

Dear Friend,

Thanks for requesting Centro Maya's wish list. We appreciate your interest in supporting our work through in-kind donations to be used in our programs. Centro Maya is privately funded through a lot of efforts that include activities such as local fundraising, grant applications and good-willed donations from caring organizations and individuals. Your contribution can have a great impact in the lives of our program participants and will help us provide them with the services they deserve.

This document contains the list of our immediate in-kind needs. It is revised periodically by our team to make sure we get the best out of the donation opportunities, however we may need some other objects not listed below. If you want to donate something that is not in the following lists, please contact us and we will let you know if it could be of benefit for any of our programs.

### HEALTHCARE & HIGIENE

We provide medical services for our participants in general and have a nurse available 24/7 to aid in their health. In order for this program to be effective, we need some supplies to keep our medicine cabinet well-stocked.

- FIST AID KIT/ OVER THE COUNTER MEDICINE: Loratadine/ antihistamine; Acetaminophen/ Paracetamol (Tablets and syrup), Ibuprofen; Diclofenac (50 mg, 100 mg and gel; Dolflam (Tablets and gel); Neumonil; Salbutamol (Tablets and syrup); Antidiarrheal medicine; Alka Seltzer; Flu antiviral drugs; Anti-nausea medication; Secnidazole; Pepto-bismol; Calamine lotion; Foille medicated first aid ointment; Neobol Spray; Oral Serum; Rubbing alcohol; Peroxide; Hibitane (antiseptic cream); Adhesive bandages

-Toothbrushes (For children and for adults)

-Toothpaste

-Anti-bacterial gel

-Nebulizer

-Forehead Thermometer

-Stethoscope

-Sphygmomanometer



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- Paraffin wax
- Tongue depressors
- Gauze
- Cotton
- Latex gloves (S,M,L,XL)
- Plaster bandages
- Diapers of all sizes (for children and adults)

-Several of our participants require anticonvulsant, antipsychotic, mood stabilizer medication and/or other prescription drugs for specific medical conditions which are often expensive and out of our families reach. If you want to contribute with this items please contact us to [oficinadedesarrollo@centromayasi.org](mailto:oficinadedesarrollo@centromayasi.org) for more information.

## **HEARING, VOICE & LANGUAGE**

The main objective of this area is four our program participants to be able to communicate effectively and be able to express their needs and desires. In order to achieve this, the therapist uses different methods such as exercises, physical and mental stimulation, signing, picture exchange communication system, etc. For this reason this area needs to have some basic instruments that stimulate this kind of interaction for people of all ages, but especially for kids.

- Body lotion
- Computer
- Continuous system printer
- Foamy mats
- Camera
- Kids' toys that emit sound and lights
- Flashcards
- Different sized mirrors (medium and large ones)
- Children board games
- Children chairs



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- Baby chairs (Bumbo)
- Whiteboard
- Montessori games
- Insertion games

## **PSYCHOLOGY & COUNSELING SERVICES**

This area offers 2 specialties: clinical and rehabilitation. For the first one, the work focuses primarily on the acceptance process of the disability for our program participants and their families, working with their emotional intelligence and empowerment as well as informing the community about disability through workshops. For the second specialty the work focuses in stimulation, behavior and conduct and functionality. Our main goal for this year is to reinforce the psychomotor aspect of our participants with the creation of a room specifically for this purpose to ensure the development of their physical movement, coordination, and use of the motor-skills, for which we need some materials to create a psychomotricity circuit.

- Computer
- Continuous system printer
- Vestibular swing system
- Tunnels for kids stimulation
- Cylinders and rolls for psychomotricity
- Psychomotricity cradle
- Psychomotricity ramps (different sizes and forms i.e. Staircase, tunnel, straight, etc.)
- Psychomotricity arcs
- Brachiation ramps
- 2 ball pits (including balls)
- Carpets
- Lights for sensory stimulation
- Rocker
- Trampoline



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- Pool noodles
- Ladder
- Psychomotricity cubes
- Parachute for kids' stimulation
- Psychomotor sacks
- Balls with textures
- Therapeutic balls
- Moldable mattress
- Baby nest mattress

### **PHYSIOTHERAPY**

This therapy helps ill, injured or disabled people recover movement and function to achieve their full potential. It consists on natural methods such as exercise, manipulation, heat and massage or ultrasound to help develop good patterns of movement. The aim to treat physical problems linked to the muscle-skeletal, neuromuscular, cardiovascular and respiratory body systems. In order to provide this therapy, some tools and instruments are needed to aid the physiotherapists in their work.

- 3 Floor pads (covered foam)
- 4 kinesiotape rolls
- 2 theraband rolls
- Electronic Muscle Stimulation Machine (EMS or TENS)
- Therapeutic Ultrasound Machine (UST)
- Weighting machine
- Exercise balls (2 big, 2 small)
- Aquaplast/Thermoplast
- Velcro roll
- Bubble liquid and bubble blowing products.

### **OCCUPATIONAL THERAPY**



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This is a new area, it started working at the end of last year and has yet to be finished being equipped. The main objective of this therapy is for our participants to attain as much autonomy and independence as they can by being able to perform everyday tasks related to personal hygiene, alimentation, etc. For this reason, this area needs to function as a small house or apartment by having kitchen utensils, a bathroom with shower, bedroom furniture, etc. so that it can simulate everyday life tasks for the participants to learn how to perform these activities and the therapists to be able to come up with adaptations as needed.

- Anti-slip shower mat
- Small stove (propane gas run or electrical)
- Battery operated automatic soap dispenser
- Square table (1.20mts x 1.20 mts)
- 4 chairs
- Pot set
- Pan set
- Bed linen
- 2 curtain sets
- Dishwasher sink
- Montessori tablets set
- Kitchen utensils set
- Drilling machine
- Jigsaw
- Plastic aprons and bibs
- Thick straws
- Electric toothbrushes
- Scented candles
- Incense
- Big mirrors



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-Clothes hanger stand

## **EARLY STIMULATION**

An early intervention is very important in the development of the children we serve. This therapies are based on games and movement to foment motor, intellectual, emotional, social and creative abilities through children's own stimulation in a controlled environment with the use of toys, flavors, textures and stimulant objects that emit sound, lights, vibrations etc. Hence the need to have an adequate and safe space for children from 0 to 7 years old and several toys and objects to aid in this goal.

-Tatami or foamy mats

-1 lamp with a green light bulb

-1 lamp with a blue light bulb

-1 lamp with a yellow light bulb

-1 recorder with usb port

- Gloves with different textures

-2 kick scooters

-Play dough (Play-Doh)

-Stimulation/Development toys

-Interactive toys with sounds and lights

-Sensory stimulation toys (i.e vibrating toys)

-Inserting toys

-Sandbag (used to release emotions such as anger and frustration)

-Montessori game sets

-Games for mental agility and attention

-Baby chairs (Bumbo)

-Big mirror

-Story books for children

## **SPECIAL EDUCATION**



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We provide individual attention and group activities for the kids in our classroom that is divided into 2 areas: initial and advanced. In this area we strive to facilitate our student's academic progress and social development as well as assisting them to develop their full potential.

- Multifunction printer
- Radio recorder/player
- Different colors Play-Doh (15 for each color, specially red, yellow and blue)
- Kids safe paint (4 gallons: 1 red, 1 blue, 1 yellow, 1 green)
- Puppets
- Lego sets (different sizes)
- Laptops and Pcs for our Computer Lab (can be used)
- Educational game sets (for memory, motor-skills, sequence, attention, etc.)
- Senso balls (Balls for sense perception)
- 15 life savers and floaters (for pool days)
- Children puzzles
- Coloring books
- 20 aprons (for cooking days)
- Balloons
- Flash cards or card games to work with math, reading and writing
- Multimedia projector
- Camera
- Massager machine
- Educational Software for Windows
- 2 medium sized Formica whiteboard
- 1 rug and bean bags for children (for our story telling corner)
- Paper guillotine
- Plastic sheets for plastifier machine



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- Acetate paper
- Desks and chairs for children (different sizes, including desks for wheel chairs)
- Professions and occupation tools for kids (game sets)
- 1 Camera

### **MUSIC, DANCE & THEATER**

The music therapy program started in 2011 allowing the students to have a space to learn about music and reading it, explore their creativity, work on their discipline and it has impacted positively in their self-esteem. Later on, the relaxation, dance and theater program was included, allowing them to have the benefits already mentioned plus being able to work on their body expression, communication, expression of emotions and socializing. This year we have implemented the puppet show and the shadows show, which have shown to be a great alternative for shy kids and very fun for most of them. It's often difficult to find puppets, props and costumes around San Juan, for that reason we often require help getting some of these objects.

- Spotlight reflectors
- 24 hula hoops
- 24 small cones
- Different costumes i.e. animals, professions, movie characters, etc. (for kids and adults)
- Curtain for puppet show stage
- Small music instruments
- 1 electric bass with amplifier
- Sound equipment (2 speakers, 5 microphones, 10 channel equalizer)

### **NUTRITION PROGRAM**

85% of our program participants live under the poverty line, unfortunately this condition influences almost every aspect of their development and impacts negatively in their quality of life. Malnutrition affects 80% of indigenous children in Guatemala. Several of our program participants are or have struggled with malnutrition. Being aware of the link between this condition and some types of disability and the negative impact it can have in their rehabilitation, we have a nutrition program that includes both preventive and corrective actions. We work with our mothers training them on how to grow their own organic vegetables at home and



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how to cook them in the most nutritional way, we also serve 2-3 nutritious meals a day at the center, for some of these kids these meals represent the majority of their calorie intake during the whole day.

- Non- perishable food items
- Sets of pots and pans
- Blender
- Microwave
- Gas stove with oven
- Coffee maker
- Cleaning cloths, towels
- Mixer
- Set of knives

### **LABOR INCLUSION PROGRAM- ALMA DE COLORES**

This program's objective is to include young adults and adults with disabilities in the job market. The program participants are trained and then work in one or more of our areas and get fair wages and other benefits. We work in 5 different areas for which different materials are needed according to the work the program participants do. The 5 areas are: Sewing, Craftsmanship (We have a workshop), Organic agriculture (We have 3 small gardens), Bakery and Cooking/Serving (We have a small vegetarian restaurant).

- 5 non-stick pots
- 5 non-stick pans
- 1 knife sharpener
- 30 drinking glasses
- 2 blenders
- 2 ice cream scoopers
- 30 coffee cups
- 20 dessert plates
- 20 dessert cups



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- 20 capuccino cups
- Plastic food containers (at least 15)
- 8 glass pitchers
- Food weight scale
- Metal kitchen strainer
- 30 soup plates
- Glass pie plates (2 big, 2 small)
- 5 soup ladles
- 2 kitchen masks
- Oven gloves (6 pairs)
- 6 vegetable peelers
- Juice extractor
- 12 shake glasses
- 6 spatulas
- 1 computer (for inventory and registers)
- 3 kitchen tongs
- 1 kitchen mixer
- 1 smartphone (to use with the register software)
- 1 toaster oven
- 12 salt shakers
- 5 plastic cutting boards
- 2 blackboards (1 small, 1 medium size)
- 1 perforator (2 holes) 2 perforators (1 hole)
- 1 paper guillotine
- 1 screwdriver kit



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- 6 fabric scissors
- 4 paper blade cutters
- Paper clips (boards)
- 1 camera
- Tag machine
- Fabrics
- Confection threads
- Zippers (#5 3 cm)
- 1 measuring tape
- 10 revolving chairs
- 10 sewing rules (5 long, 5 short)
- Beads
- 2 folding tables
- 2 multifunctional printers
- 4 calculators
- 2 ups
- Markers, pencils, colored chalk
- 5 power strips
- Photo paper (A4, 10 packs)
- 10 short measuring tapes
- 2 hammers
- Wire pincers
- 2 pliers
- 10 bond paper reams/ letter
- Sandpaper



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- 2 Power extension cords

## **ADMINISTRATION AREAS**

These areas are the ones in charge of the administrative work of the organization. From HR management, operational decisions, guidance for the other areas, public relations and liaison between the organization and other entities for the Direction; fundraising, internal and external communication, volunteer coordination and promotion for the Development & Communications area; financial management for Accounting and receiving, greeting visitors and providing information for the Reception. These areas are the motor of the organization, however are often not taken into consideration by donors so it's very difficult to get funding and supplies to keep them running.

- 1 desk
- 1 professional camera for promotion/website/social media
- 1 media projector
- .-2 Multifunctional printers
- Photo paper
- Calendars
- Office supplies
- 4 Revolving chairs
- 1 computer for the information room (can be used)
- Small whiteboards
- Brochure and presentation paper
- Objects for fundraising activities such as auctions and raffles

## **COMMUNITY STORE**

We recently opened a small store with mostly used items as a way to provide affordable goods for our families and community members as well as representing a source of income for the organization to be invested in the operational expenses. It is completely run on donations and volunteer work from our mothers, we are in constant need of a different sets of objects to continue with this small project. Can be used in good conditions or new.

- Shoes (all sizes and genders)



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- Clothes (all sizes and genders)
- Beauty products
- Bags, backpacks, lunchboxes
- Gardening supplies
- Electronics
- Bed linen, curtains, table cloths
- Plastic containers
- Dishes, glasses, cutlery, pots, pans
- Appliances
- Toys
- Ornaments

#### **OTHERS**

- Fans
- Cleaning supplies
- Milk for program participants
- Clothes & shoes for program participants
- Toiletries



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