

June 27th 2016

Self-development strategies in health for rural Mexico

TIA HAD ITS
FIRST VEA,
KATIE SMITH

TIA

NOW SERVES

150,000

PEOPLE

CHECK OUT
TIA'S YOUTUBE
CHANNEL

ALSO

FACEBOOK

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The Tia Foundation

Summer Newsletter

Tia had its first volunteer join us in the field through our Volunteer Expedition Adventurer (VEA) Program. Katie Smith crowd funded the trip herself by creating a GoFundMe page, making a music video with a link to donate, and she served as a



bartender for a night and donated all of the proceeds to Tia. We would like to thank Katie for an amazing project. We had so much fun sightseeing in the off hours, helping people get healthcare during the day and eating the

most delicious Mexican cuisine.



This project was in a region of Mexico on the South shore of Lake Chapala called Tuxcueca. We brought healthcare to about 10,000 people and trained 51 community health workers for a total of

150,000 people served with 427 Promotores. This trip was a great success due to the help we received from Universidad del Valle de Mexico brigade, the hard work of the people of Tuxcueca and all of our wonderful donors and volunteers.

The Tia Foundation • Tel: 602-694-8100 • Email: tiafoundation@cox.net

P.O. Box 36203 Phoenix, Arizona, 85067 • www.tiafoundation.org

NEXT PROJECT IN LA MANZANILLA DE LA PAZ

TIA

NOW HAS A
BIRTHING
MANNEQUIN!

427

COMMUNITY HEALTH WORKERS

We have big plans for our project this fall in La Manzanilla de la Paz; this region of Mexico was inhabited by the Purépecha Empire until they lost power to Spanish Colonialists in 1523. Today this area is well known for its skilled weavers, high quality textiles and adventure

tourism. Also, Manzanilla de la Paz holds a famous bull fighting festival during the week of Easter. Tia is eager to begin a new project with these warm and inviting people this September.



Check out Tia's YouTube channel and see our recent music video with Katie Smith, interviews with community health workers and some of our medical student volunteers. Also, coming soon are some videos of the practical exams, so you can practice your own first aid skills!

(<https://www.youtube.com/channel/UC7N729GGtmFxn6pj1kZd0g>)

Tia has just purchased a birthing mannequin and used it for the first time in our Tuxcueca project. Dr. Roberto skillfully demonstrated to the class how to deliver a baby. He also gave a hands-on walk through of complications that they may encounter, such as breach births, twins, an umbilical cord around the baby's neck and unexpected twins.

We would like to give special recognition to one of our Promotoras from this project, Anahi Manzo Garcia. Anahi was one of our best students; she

took initiative and went well above and beyond to not only master the material but also to help Tia in the villages. She escorted Tia to the homes of



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**JOIN US IN
THE FIELD!**

**TIA
IS NOW
10 YEARS OLD!**

**THANKS TO
BARRY &
CARMEN**

**FOR COMING
WITH US TO
TUXCUECA**

needy families throughout the region, practicing her own skills and bringing medical professionals straight to the doors of those who needed the most care. Thanks to her, many people who are not able to leave bed were able to get the care they desperately needed.

We asked our volunteer, Katie Smith to say a few words about her trip with Tia, "My experience as a VEA with the Tia Foundation was so impactful that even a week later I am having a hard time putting it into words. It was a life changer. It exceeded my expectations in the most beautiful of ways.

Between the outstanding brigade, the Tia Foundation, and the kind



people of Tuxcueca. I was welcomed and included with open arms. I was able to see the results of the work put into planning and fundraising first-hand and I wouldn't have had it any other way. I was in the middle of it all. I walked away from this time in Mexico with new friends, medical knowledge, lifelong investment in Tia and a full heart."

Stay tuned to our social media for more information on upcoming projects, photos from the field and all

the latest Tia news. As always, we value your support and sincerely appreciate your commitment to help others. If you know anyone interested in helping, please feel free to have them contact us at 602-694-8100. Thanks again and stay cool this summer.

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**THANK YOU
FOR
SUPPORTING**

TIA

**VISIT OUR
WEBSITE**

**WWW.
TIAFOUNDATION
.ORG**

**WE WILL
MISS YOU
TUXCUECA!**



Our founder's family joined us for the graduation. From left to right, Laura's aunt and uncle, Irma Luz and Carlos Fernandez del Valle from Guadalajara; and Laura's parents, Barry and Carmen Libman, from Phoenix, Arizona. Their presence, having traveled great a distance, meant a lot to the graduates!



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