

September 16th, 2016

Self-development strategies in health for rural Mexico

The Tia Foundation

Fall Update

NEXT PROJECT
IN LA
MANZANILLA
DE LA PAZ

TIA

HAS SERVED

OVER

150,000

PEOPLE!

AND

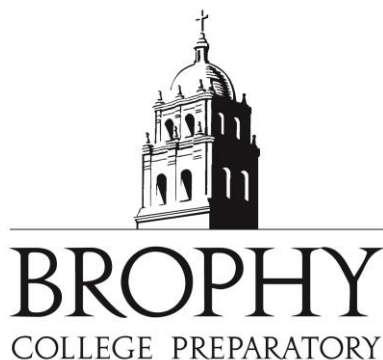
427

COMMUNITY
HEALTH
WORKERS

Tia has lots of irons in the fire this fall and we are very excited to fill you in. We have a big project coming up, a fun run 5k with Intel, and a new way to support our community health workers. Tia is always looking for new ways to bring sustainable healthcare to more people, if you have any

corporate or personal contacts that are interested in social justice and care about Arizona's largest trade partner, please have them email us at

tiafoundation@cox.net.



On Tia's next project in October, we will be joined by some of the brightest young minds from Brophy. On this trip the students will learn first aid, gain a sense of social justice and develop a passion for helping others. By aiding those in need, these students may discover an appreciation for the everyday things we often take for granted, and see

that no matter the age, our actions truly can make an impact.

The next project this October will be in La Manzanilla de la Paz. This region was inhabited by the Purépecha tribe, one of the most prominent pre-colonial tribes in Mesoamerica. This native culture is famous for their grand architecture, demonstrated by grand step pyramids and stunning mosaics.

The Aztecs tried for centuries to conquer their robust empire for their advance metalsmithing capabilities, but were never successful.



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

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

**WE WELCOME
BROPHY ON
OUR NEXT
PROJECT**

**REST IN
PEACE JACK
INGEBRITSON
WE WILL MISS
YOU.**

YOU!

**CAN JOIN US
IN THE FIELD**

Azova Care is a telemedicine app that gives you the ability to video chat with a doctor in real time with live translation. This allows

us to connect promotoras with internet access to doctors and get second opinions on more complicated traumas or illnesses. Azova is passionate about



Tia's mission and are donating their services to us. To learn more about Azova and see your healthcare professionals over the internet visit www.azovahealth.com.

One of Tia's board members, Shelley Detwiler DiGiacomo is joining us on the next project in La Manzanilla de la Paz. Shelley is deeply passionate about Tia's mission to bring sustainable healthcare to rural Mexico. Seeing the impact your efforts have first-hand helps to motivate you further and gives a face

to the mission.

While Tia is executing its next project in Mexico, one of our other board members, Tiffany Arenas and a few volunteers will be spreading the word about Tia and giving the gift of good health at Intel's October 15th 5K – 10K fun run. We will be taking vitals and informing the friends and family of Intel about what those numbers mean for their overall health. If you know of anyone in the medical field who would like to volunteer and assist with vitals, please contact us at tionate@cox.net.



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**WE ARE
LOOKING FOR
VOLUNTEERS!**

**ADD TIA
ON
AMAZON
SMILE**

**FOLLOW US
ON SOCIAL
MEDIA!**

**ASK US
ABOUT
VEAs**

We would like to take a moment to remember someone very special, to us personally and to Tia. **Jack Ingebritson was one of Tia's biggest supporters and cared deeply about all people.**

Thanks to his generosity, friendship and support tens of thousands of people have a bright future now and for generations to come. Jack was going to join us this October in La Manzanilla de la Paz and see all of the smiling faces that he brought hope to. Tia is dedicating this next launch to Jack Ingebritson, farewell to our dear friend.



probably still come. If you or anyone you know are interested in helping out please contact us at tionate@cox.net and we will contact you at the next volunteer event.

Tia is searching for volunteers at future events and fundraising.

Requirements: must enjoy working in a fun positive atmosphere, an interest in helping others, and be able to enjoy refreshments. If you are not able to complete these duties... you can

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**FUN RUN
5K 10K
WITH INTEL IN
OCTOBER**

**CHECK
OUT
AZOVA**

**ALSO JOINING
US THIS TRIP
SHELLEY!**

**THANK
YOU!**



Mexico. If you'd like to come along on an adventure please reach out to us and we would be happy to provide further details.

Big congratulations to Tia's board member, Tiffany Arenas on the birth of her sweet new baby boy Carlo Valentino. He was born on September 7th in Phoenix, Arizona. We are so proud of you Tiffany, he is perfect.



If you have donated to Tia, then you know that **every \$5 you have donated has given a person healthcare for**



life, someone's daughter, brother or grandmother. Not only are you giving someone hope, but you are giving tens of thousands of people the power and motivation to improve their own lives and that help lasts forever. "Time and money spent in helping men do more for themselves is far better than mere giving." – Henry Ford

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