

# The Tia Foundation

## Farewell to 2016

NEXT PROJECT  
IN ATENGO

**TIA**

NOW HAS A  
BIRTHING

**MANNEQUIN!**

**481**

COMMUNITY  
HEALTH  
WORKERS

As the holidays pass and the year comes to an end, Tia would like to send you our most sincere gratitude for believing in our cause and supporting the projects that bring a hand up to those in need. Because

of your generosity the **Tia Foundation has given life-long, sustainable healthcare in 2016 to enough people to fill the Arizona Coyotes Gila River Arena TWICE.** Mothers will now have a safe way to deliver and care for babies, villagers will have someone they trust to help them in an emergency,



the elderly will receive in-home care and children will learn hygiene and dental practices that will serve them for life. None of this would be possible without you.

This has been an important milestone for the Tia Foundation,

earlier this year **we celebrated our 10 year anniversary.** We have been operating through 2 US presidents (about to be 3), a recession and 6 Olympics. The picture of the two little girls was taken on our first project in Sayula, Jalisco. These two girls are now in high school. Though, many years have passed, we have never strayed from our commitment to make the rural poor in Mexico healthy by teaching them to fish for themselves and use that same idea as a springboard for economic development.

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This has been the first year that we have brought volunteer expeditioners to the field with us, giving a first-hand glimpse into the lives of the people they have been saving. Katie Smith fundraised her own expedition with the help of Tia, her GoFundMe page, and a few fundraising events she put on for her friends, family and coworkers. While in Mexico she was able to enjoy the culture and food. She made new friends and helped 10,000 people get healthcare. It was such a life changing experience that she is already planning her next trip and has since joined Tia's board of directors to bring hope to even more villagers.



We are confident that if you join us on a volunteer expedition that you will be a life-long believer in Tia's mission, just like Katie. If you are interested in joining Tia in the field, please contact us at the number below. Brophy College

Prep has begun student expeditions with the Tia Foundation. They joined us on our project in La Manzanilla de la Paz and we are planning a larger trip with them this summer. The students picked



Tia over other school trips because they may have a plan to going into the field of medicine, have an interest in social justice or in learning more about culture in Mexico. While in the villages, the boys assembled medical kits for the

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community health workers, learned and took vitals as well as taking the weights and measurements of the kids of the local elementary school. Each student learned emergency first aid skills that will serve them for life, no matter where their life takes them. They received training on controlling bleeding, delivering babies, giving injections, as well as volunteering at a home



for people with cerebral palsy. The experiences they shared on this journey will help to shape the compassionate and hardworking men they will grow up to be. If you know a young man or woman who would benefit from helping others, gaining a new perspective on life and the blessings

we enjoy then please reach out to Tia.

Shelley Detwiler DiGiacomo (pictured in the town square), one of Tia's board members also came along on a project this year. Shelley met the rest of Tia in Guadalajara, where she was picked up at the airport and helped us prep for our project the following week.

After the work was done at night, she and the rest of Tia's project staff went to Fiestas de Octubre and explored Chapultepec. When the project started, she helped in the villages and took pictures and video for Tia's marketing. She also assembled medical kits for our community health workers, and was instrumental in making sure the graduation went smoothly. Shelly is a birdwatcher and was able to add a

few sightings to her journal thanks to the rich diversity of tropical birds in Jalisco. After returning home, Shelley shared her experiences with her friends, family and the rest of the board and professed a new love and devotion of Tia's cause.



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This year Tia and UVM added a birthing mannequin and a mobile lab. Both have already proved to be very beneficial in the field. The mobile lab saved a man from death on its first project. After testing everyone's blood at the free community consultations, his results uncovered that he was in kidney failure and his life was in immediate danger. He was immediately notified, rushed into emergency care and his life was saved. The birthing mannequin also has the potential to be a life saver; our community health workers learned how to deliver babies safely. Dr. Roberto is masterful in explaining how to complete the birthing process and overcome complications like unexpected twins, a breach presentation and retained placenta (a potentially deadly bleed risk to the mother). Each of the community health workers in training, have to demonstrate how to deliver a baby under normal circumstances as well as a delivery with complications. This gives them a very robust and comprehensive knowledge that could save the life of a mother and baby someday. Both of these valuable additions will help to broaden the scope of a project and help Tia to better accomplish its mission.



We have acquired 2 new board members this year, Matthew Jewett and Katie Smith. Matt is a grants manager at Mountain Park Health Center, he was the Director of Health Policy at Children's Action Alliance and he has worked in Arizona state government for a governor and two congressmen. Katie is a project manager and the head of the customer deliver team at DoubleDutch, a live engagement marketing platform for events and conferences. Both new



board members have a profound passion for Mexico and providing its rural poor with sustainable healthcare.

2016 has had fun moments and successes as well as its low points. This year also brought the passing of a truly good man,

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Jack Ingebritson. He had an impressive business career in commercial real estate and created the Ingebritson Family Foundation, where he helped countless charities and individuals. Jack leveraged his business success to champion causes that do real and sustainable good and as a result, left the world better than he found it. His legacy will live on through the lives and families he changed. Jack loved Tia and was dedicated to helping us bring our vision of sustainable healthcare to the world and had planned on joining us this fall on his first project. With a heavy heart, we say farewell to a dear friend, we will forever miss and admire you, Jack.

This year we wanted to add a few new weapons to the community health workers arsenal of health knowledge and skill. They were taught how to make water purification systems out of simple materials that can be found easily in even the most remote villages and communities. Soon after the class, there was a contamination of the only water supply in nearby Los Aguacates but the disaster was thwarted by this new skill. Tia has just added injectable hydrocortisone to the medical kits given to our community health workers upon graduation. The World Health Organization has added hydrocortisone to its list of essential medicine in a basic health system. It can be used to treat severe allergies, multiple sclerosis, asthma and many, many more conditions. This versatile medication will help our health workers provide better, more comprehensive care and treat many conditions that were previously out of reach.

This February Tia will be hosting a charity breakfast at the Arizona Biltmore. This event will be raising funds for our project this March as well as helping some of the financial needs students at Brophy to join Tia on a student expedition this summer. At the event, the Brophy students from the last trip will be speaking



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about their experiences with Tia in La Manzanilla de la Paz, we will be showing a short film made by the Tia Foundation and much more. The breakfast is sure to be full of laughter, good food and friends. Many of Tia's supporters will be filling a table with those who are able to make significant contributions. If you know of someone who eats breakfast and is interested in helping to bring sustainable lifelong healthcare to the rural poor in Mexico, please contact us.



As 2017 looms, we think about what our ambitions are after the New Year. There is much we wish to accomplish, but everything we do is limited by the funds we are able to raise. Every donation, no matter how big or small makes a substantial impact on the lives of an individual. \$5 gives someone's mother, brother or daughter not just health care for life, but also the ability to climb the hierarchy of needs ladder. To move beyond the ability to merely survive, but to thrive, create and reach for self-actualization. This effect is contagious; it turns villages into self-reliant communities and allows individuals to reach their full potential. When you plan your giving for 2016 or 2017, please consider the



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to take for granted all of the luxuries we enjoy, but for some people healthcare is something they have simply had to do without. Imagine for a moment what that would mean if you slipped in the kitchen, broke your ankle and had no one you could go see about it. If you have been with us since the beginning, you have done your part to solve this problem for 157,000 people. That is the gift that you provide another person when you give to Tia. Thank you again, and have a happy 2017.

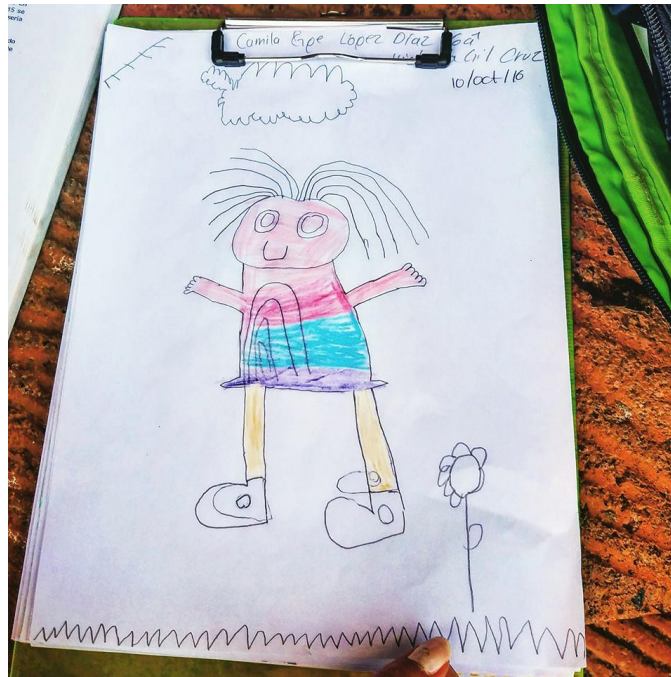
Tia Foundation, because your donation will have the biggest impact with us.

The Tia Foundation wishes you a safe and happy new year. On behalf of all the people you helped this year; we extend to you a debt of gratitude. Thanks to you the people that were served this year will look onto 2017 with hope and anticipation rather than uncertainty for what the future would bring. It is easy



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"Draw a person in the rain" these pictures help us measure child stress and coping.



Thank you for giving me a happy and healthy 2017