



July 9, 2020

The Tia Foundation

Summer Volunteer Project 2020

Thank you for reading! We hope that you have a fun and safe 4th of July. Thanks to the generosity and compassion of people like you, Tia has still been able to fulfill our mission. Despite the novel coronavirus pandemic, last month we have given over 15,000 new people free lifetime healthcare, trained dozens of healthcare workers, and updated our existing Community Health Workers (or Promotores) on a broad pandemic action plan. Two VEAs (Volunteer Expedition Adventurers) from Seattle joined Tia on our Project in Mascota, Jalisco. Read on to catch up on the latest Tia news.

As many of you know, rural towns often face many challenges accessing healthcare. Fourteen years ago, the Tia Foundation set out to address this very serious problem. We train locally elected Community Health Workers (Promotores) equipping them with a comprehensive medical kit that is resupplied by their municipal govern-



We just
completed a
project in
Mascota

Now serving
456,000
people!

With 897
Promotores

ment. With one donation of only \$5, you can provide one person free healthcare for life. You can help by volunteering, becoming a VEA, sharing Tia with friends, or providing a generous contribution to our rural health projects.

We have recently returned from a very successful trip to Mascota in Jalisco, where we have added 25 Promotoras to create a total of 897 health workers throughout Mexico. This trip also provided 15,000 new people across the municipality of Mascota with free long-term healthcare for a total of 456,000 people since Tia began its mission. To keep everyone safe, Tia had a triage area that separated anyone showing symptoms of coronavirus from the other patients. Appropriate face masks were handed out to everyone who was treated, even if they showed no symptoms. To date, there are no known cases of COVID-19 in Mascota.

The municipality of Mascota is located between Guadalajara and Puerto Vallarta and includes 40 small towns. The word Mascota comes from Nahuatl and translates to “a place with deer and snakes”, and these symbols appear on the official seal. Mascota is a gorgeous municipality surrounded by



We tasted
Raicilla at
an agave
farm



Watch for
our event in
October



Two
volunteers
joined us in
the field

valleys, mountains, forests, and rivers. The region is famous for the Maximiliana Agave, which is used to make a distilled alcohol called, Raicilla. The City of Mascota was designated a “Magic Town” for its rich culture, architecture and unique cuisine. We were very honored to work with the dedicated students in our program and could not be more proud of their accomplishments.

Mother-daughter VEAs, Wynona and Anna, flew from Seattle, Washington to assist the brigade, help with the consultations, photography, and pack medical kits. Anna said that she loved the local cookies in Mascota and gained lots of new perspectives. Wynona had worked in the medical field and was a tremendous help during the consultations and assisted our doctors to treat a larger volume of patients. She also helped us to collect regional wellness data. After the project, we returned with them to Guadalajara and enjoyed our usual volunteer cultural excursion, modified for COVID-19. Tia was privileged to have them join us, and we were all grateful to have the extra help.

The Tia Foundation took extreme safety precautions regarding Covid-19 before and during travel to Mascota. Our VEAs were instructed to get testing immediately before traveling and



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were required to quarantine after the test. From the moment we left our homes, all Tia staff and volunteers were covered in physical precautionary wear such as masks, face shields, eye protection, and were given bottles of hand sanitizer. Tia had taken additional precautions because there had not been any cases of coronavirus in Mascota. According to local officials, there still are no reported cases in the municipality after the project.

The morning that Wynona and her high school-aged daughter, Anna left for Mexico, they packed some final items, loaded the car and traveled to the airport. Soon after they landed, they were greeted by Tia Laura, who took them to get delicious tacos, aguas frescas, and jericalla (egg custard) and checked them into the hotel. Early the next morning, the brigade and translators met them in the parking lot of the hotel, and took a group photo. The vans drove for almost 3 hours as the sun came up across the beautiful Jalisco countryside. Wynona and Anna helped the brigade unload the van and set up tables for free public health consultations. Wynona helped doctors take vitals while Anna learned how to provide basic physical therapy from Dr. Roberto. That evening, Anna learned how to take vitals and other practicals alongside the Promotores. Tuesday



Check out
Tia's website:
www.tiafoundation.org

Tia is a registered non-profit in AZ, CA, and MX

We received
GuideStar's
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morning, they traveled to another community about half an hour outside of Mascota. They provided free medical consultations to the community, and Anna became friends with many of the local children. Later that night, they enjoyed food from a local restaurant. Halfway through the week, Anna and Wynona helped bandage a young girl with an ankle injury, a skill that was taught in the course the night before. Before the class, nearby agave farmers invited the adult brigade and volunteers to their ranch to taste Rai-cilla directly from the still. With their translator, Wynona and Anna attended lectures on CPR and cervical cancer screening before heading back to the hotel. That night they helped to pack the medical kits that would be given to the graduating Promotores on graduation day. The sustenance for our work was a real treat found only in Mascota, Tacos Arrieros, a blend of chorizo, pastor meats, beans, cheese topped with pico de gallo and avocado, a squeeze of lime and homemade salsa. Each morning, they got up early with the brigade and had a breakfast of fresh pastries, chilaquiles, coffee, fruit, and homemade queso fresco at the local government soup kitchen before we would drive out to the communities. Thursday night, Wynona, Anna, and the brigade traveled to the ranch of the Municipal



15,000
people
received free
healthcare
for life!

Promotores
learn: CPR,
birthing,
injections and
much more

Tia has
two
summer
interns

President for dinner where they played with the sweet ranch dogs and ate a wonderful home-cooked meal of steak, beans, tortillas and vegetables. We also sampled homemade Raicilla mojitos. This was an incredible experience filled with stunning views, great company, and delicious food. Most of the brigade live in the city and loved the clear and bright view of the stars. We were honored to receive the invitation to have dinner with the President and her husband. Later in the week, the Municipal President attended the Promotores graduation ceremony and expressed her sincere pride in the men and women who had studied so hard. On the last day of the project, Wynona did geriatric door to door consultations while Anna helped with the consultations in town. That afternoon Anna filmed Tia's first live graduation ceremony while Wynona handed out the medical kits (which she and Anna helped to pack and fund) to the graduating Promotores. After the ceremony, Anna interviewed some of the Promotores for her new internship with the Tia Foundation, and they both tasted many local, homemade foods, like tacos dorados and postre de boda, at the graduation potluck. Driving back to Guadalajara, everyone rested in the van from a long and fulfilling week of volunteering. Before their flight home on Monday, Wynona and Anna joined Tia on relaxing weekend cultural excursions.



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sider do-
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monthly

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our VEA
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They visited the traditional market, San Juan de Dios. They shopped at famous Tlaquepaque outside Guadalajara, ate fresh crab enchiladas (they are as wonderful as they sound), sangria and were entertained by a ballet folklorico performance and said farewell to the brigade and ate carne en su jugo (a favorite Guadalajara steak and bacon soup/stew) at Tia's thank you dinner for the brigade. The next day, Anna and Wynona put on their PPE and flew home with memories of the unforgettable journey and all of the new friends they had made.

Our volunteer in Mascota, Anna, just became one of Tia's newest interns and has been writing about her experiences in the field. "Every morning since we arrived, Tia meets with the brigade and sets up free health care consultations. Here we offered advice from physicians, psychologists and nutritionists as well as free medication. We also had Promotora training every day for volunteers and the future Tias of the little towns. During these lessons, we learn things such as where to find the pulse and how to take blood pressure. The community was very generous and made the Tia brigade a delicious lunch every day and even came to serve it. It was great to get a taste of Mexican culture. Speaking of Mexican culture, a few of my favorites were aguas frescas de piña, sort of like pineapple-ade and shortbread cookies



"The hospitality and friendliness of the people of Mascota were absolutely wonderful, we enjoyed the entire week!"

"I was so impressed by the professionalism of the medical students in the brigade and the expertise and teaching ability of the Doctor's leading the brigade. Dr. Roberto is truly a gifted instructor!"

-Wynona

with raspberry or icing.” The Tia Foundation was grateful to provide an opportunity for Anna to connect with her mother, Wynona, and learn about social justice through hands-on experience in another part of the world.

After the trip, Wynona said, “The experience gave us a rare view into the lives of the people who live in rural Mexico, and both the problems and blessings in the people's daily lives. It was such a treat to get to share that part of the world with my daughter, and to see her learn and grow throughout the week. She learned so much about how people much less fortunate than herself live, and about the challenges they face that she may have never imagined before. I was so proud of everything that she learned, how inquisitive and fearless she was, and how much emotional value I could see her getting during the week. “

We would like to thank everyone who volunteered, donated, and supported the Mascota project. Thanks to your individual contributions, 15,000 people will now have reliable healthcare for life. Tia will return only to collect health data and monitor the success of the program. Without your help, programs like these would never be possible, and nearly half a million people would not have access to healthcare. Please take care of each other and stay safe during the outbreak. Thank you again.



“I really appreciate all of the learning opportunities that the medical brigade gave Anna to learn and to be exposed to things she has never seen before. The value of the work that the Tia Foundation is doing was clear in our interactions during the community clinics and in talking with the Promotoras throughout the week.”

“The breadth and depth of subject matter covered in the Promotora training was truly impressive, especially considering that there really were only 4 half-days to get through all of the curriculum. “

-Wynona