



Fundación Astra News

Dear friends and supporters,

Summer Greetings from Fundación Astra! We are pleased to update you with some “fresh” news in this summer heat. Activity is hopping at Astra despite the temperatures. In keeping with our mission of creating holistic and integrated community care, our humanitarian work extends well beyond the walls of our medical clinic in El Centenario.

CHILDREN IN THE SPOTLIGHT

As always, the welfare of children is at the heart of our mission. In May, we held an entertaining First Aid Day for 60 children and parents. Even very young children were attentively learning how to perform basic life-saving skills and how to phone emergency services. They were fascinated to learn the identification and avoidance of locally hazardous scorpions and spiders, on loan from Guayaquil Botanical Gardens. We are grateful to the Bomberos Voluntarios from El Centenario and the college students from the “Capacitación Profesional en Seguridad y Emergencias” who joined this successful outreach. Such basic information on emergency response can educate all ages to respond to life-threatening situations.

Watch here to see our video from the event.

<https://youtu.be/PYocRpU0xjk>



Child learns life-saving CPR

MORE VITAL OUTREACH FOR KIDS!

In July, our volunteers Paty Alvarez, Ron Stewart, and Barbara Michel organized a group of underserved children for classes at the beach in paddle boarding and open sea swimming. In addition to a pleasant sporting exercise, this was an important opportunity to become comfortable in the water and learn about water safety. Data indicate that Hispanic children, even those living close to the water, have a high risk of drowning due to poor swimming proficiency. Studies show that a significant percentage of Hispanic children lack basic swimming skills, attributed to cultural factors such as parental fear of water and limited access to swimming lessons.



Water safety fun!





HEALTH FAIRS WITH UNESCO

In a series of health fairs funded by UNESCO, Fundación Astra visited poorer neighborhoods of La Paz and shanty town *colonias* above Cabo San Lucas. We joined forces with other nonprofits including UNIPAZ (Universidad de La Paz), Todo por la Niñez, CERCA (Centro de Energía Renovable), MAS (Mujeres en Acción Solidaria), and ASA (Alianza Seguridad Alimentaria) to create entertaining health presentations. Dr. Tavares provided healthcare, artist Abril Blythe held art therapy classes (emotional self-regulation for high-risk children), and our university interns led nutrition and psychology activities.



Dr. Tavares

CLINIC ACTIVITIES

Clinic census decreases in the summer heat, but our regular programs continue to offer free consultations in medicine, acupuncture, dental, mental health, and nutrition, as well as distribution of food bags to needy families in collaboration with Dr. Simi Foundation.

In addition, Paty Alvarez holds two craft workshops a week for children at the Clinic, where the children express themselves through art while engaged in the context of sharing and helping others.

PEER-TO-PEER ADULT ACTIVITIES

In May, volunteer Barb Mandic started a weekly sewing circle for the ladies of the community. It's inspiring to watch these talented women exchanging their skills. It's a place of respite for them, where they can share an enjoyable activity in a safe space without pressure; a moment of well-being. Many women in this community carry a high burden of domestic and financial stress and derive much support and stabilization from these positive peer interactions.



Participant shows off her sewing creation

We welcome volunteers with skills! Please contact Francoise Begaux +52 612 167 8938

For patient clinic appointments, please contact Jorge Rodriguez +52 612 232 3444





NEW VOLUNTEERS AT FUNDACIÓN ASTRA'S CLINIC

We are very pleased to welcome the following new volunteers, who joined us in the spring:

- **Raul Haro**, a bilingual dentist, provides dental services in our dental unit
- **Yiadira Moncada**, our new dynamic nutrition intern from Universidad Abierta y a Distancia de México (UnADM)
- **Ron Stewart**, an experienced nonprofit leader crucial to our grant writing and sustainability efforts
- **Rebeca Sanchez**, invaluable to our first fundraiser and now spearheading our social media marketing
- **Barbara Mandic**, our weekly community sewing workshop leader

BLOWOUT ST. PATRICK'S GOOD KARMA FUNDRAISER

Please be sure to save the date for our super fun-packed fundraiser, Saturday March 14th, 2026! Wonderful music lineup, great venue, great food! Silent auction, big ticket auction and raffles!

All those wishing to volunteer for the fundraiser please contact Deborah MacDonald: Astradeborah@aol.com



Deborah and Tanya

Thank you for your generous tax-deductible donations to Fundación Astra and the local community.

Monthly donations are especially needed!

People like you are making a difference in this world.

Your donation is tax-deductible in the US, through our US charity,
The Terma Foundation:
www.terma.org/donate

We are also tax-deductible in Mexico:
www.fundacionastra.org/donar

