



# Fundación Astra News

Hola! This issue features our latest news from the field. We have updates on our child health programs, on our collaboration with UNESCO, and, on the enormous success of our second fundraising event. Thanks to you all, this fun-packed benefit allows us to continue our mission to help the neediest *colonias* from La Paz to Los Cabos and provide free health education and medical services to those vulnerable children and families.

## SOY LOCAL, UNESCO'S CIUDADES DE APRENDIZAJE INITIATIVE

We were chosen by UNESCO to launch a nutritional education program in La Paz municipality entitled *Soy Local*. In the past 18 months our team reached more than 1,900 attendees from La Paz, 70% in kindergarten or elementary school.

Did you know that your food preferences are formed in the very first years of life? Mexican children typically do not eat many vegetables. Many local children couldn't identify common vegetables such as eggplant or beets when shown pictures in a food game. BCS has the 3rd highest rate of overweight and obesity of children in Mexico. We use health fairs, games, videos, publications and workshops to promote healthy diet choices to a very young audience showcasing locally available foods.



Children choose foods for a balanced meal

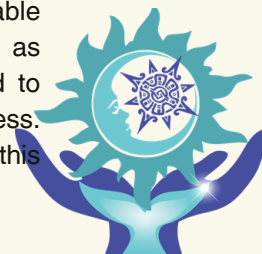
## SCHOOL HEALTH PREVENTION PACKAGE

Our health education team visited local schools with our health prevention tool kit: interactive games focused on healthy foods and dental hygiene, while also learning life and communication skills such as always behaving with mutual respect. Thank you to Terri King and Sherry Herman, our new dental hygienist volunteers, who joined our dental hygiene classes to identify children who need further dental treatment. They are referred to our clinic for free follow up care.

Importantly, we now have an upgraded portable dental unit to bring basic dental care such as cleanings and extractions both to our clinic and to remote communities where there is no dental access. We are grateful to Yacht Aid Global who made this happen!



Terri with the kindergarten children. No one cried during the dental check!





### HEALTH FAIRS

In collaboration with UNESCO, we participated in two local health fairs, reaching over 350 children in impoverished colonias in the hills around La Paz. We concluded the season joining with more than 50 other local organizations and institutions at the second festival of “La Paz Cuidades de Aprendizaje” (Learning Cities).

This is a UNESCO network of municipalities from around the world that committed to creating a model for cooperation drawing from environmental, health, and artistic local culture to enhance lifelong educational experiences particularly for the economically disadvantaged.



A child identifies local foods on the “my plate for my futur” game

### CLINIC ACTIVITIES

In our family clinic based in El Centenario our commitment is clear: to remove access barriers to health care and to support every family with dignified and compassionate care. Supported by local Mexican and expat volunteers we are now open 4 days weekly for general medical care, mental health, acupuncture, dentistry, and nutritional counseling. Acupuncture is provided by Dr. Carla Wilson, a highly respected practitioner and researcher at the College of Traditional Chinese Medicine in San Francisco, California. This extremely popular service has proven benefits for an array of health conditions and is extremely popular with the patients.

### ASTRA ON THE RADIO

Barbara Michel, host of the radio show “Mama Radiantes” on Radiante FM La Paz (La Paz 91.1 FM), now invites a member of the Astra team each month to speak on a specific topic. Ricardo Robledo, our administrator, kicked things off by presenting our mission and the motivation behind the creation of Astra. Miguel Ramirez, our psychologist, took over in April to discuss maternal burnout. Next up next month our clinic generalist: Dra. Dennis Alvarez.



Barbara Michel at Radiante FM

We always welcome volunteers with skills! Please contact Ricardo Robledo + 52 55 2108 9679

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



**BENEFIT CONCERT**

Our second benefit concert was a huge success, thanks to our dedicated volunteers, the musicians, our many local sponsors and to **all of you** who came to show your solidarity. Over 40 local businesses, restaurants, musicians and artisans came together to makes this a wonderful night. Your greatly appreciated funds are being used for the following:

- **10% for the Children's Health Fair** -- Educational Health booths at UNESCO-based initiatives promoting healthy nutrition and limiting "junk" food and sugar in children's diets.
- **40% for the Integrated Children's Health Program** --- Health education, identification of children requiring referral for specialized care, multivitamin distribution and dental care.
- **20% for Community Outreach** --- glucose assessment, blood pressure screening, and basic primary care monitoring for vulnerable adults in marginalized *colonias*.
- **30% for Clinic-based consultative services** --- medical, dental, nutrition, mental health, acupuncture, and peer group support.

**FUNDACIÓN ASTRA**

Thanks to our Business Sponsors!  
Agradece a nuestros patrocinadores!



CAFÉ EXQUISITO	ARDORA CENTRO CULTURAL
TAILHUNTER SPORTFISHING	RANCHO CACACHILAS
CLARO FISH CENTENARIO	BAJA OCEAN EXTREMES
LA CHATA RESTAURANTE	DOUGLAS POLLOW
KM 14 RESTAURANTE	L'INVITO
LA 5TA PIZZERIA	BAJA PET & VET
MERKEN	COSTA HERMOSA BAR & GRILL
CLEAN POOL CENTENARIO	CELLAR DIONYSUS
ALMA Y CORAZON NAILS & LASHES BOUTIQUE	LA MISERABLE MEZCALERIA
GRATITUDE COFFEE	J&R RIBS
MAUREEN RYAN	LA MECHUDA VERMUTERIA
KAREN POPE	TIKI TODD'S SPORTS BAR
NIM RESTAURANTE	BRIAN CONWAY
ESTANCIA URUGUAYA	BAJA WHALES
SELVATIKA	FERNANDO QUINTERO
CORAZON DE MELON	TANGO SALSA LA PAZ
KALEIDO	CASA DE LA SERENIDAD
NANA BITES DOG TREATS	CASA DE TE Y CAFÉ REVU 1910
ARTE DENTAL ESSEX	BAJA RANCHEROS
	MI COCINA

A special thanks to :

The musicians and artists: Jullie Tillinghast, Baja South Band, Ray Cotton, Shooter Ford and Ruben Barranco. Our Masters of Ceremony: Barbara Michel, and Bruce Spector who have animated the event with spirit and energy. Our friends from Half Moon Bay Rotary Club who came down from California to assist the event : Ed Daniels, Kevin O'Brien and Joe Brennan.

**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](http://www.terma.org/donate)

We are also tax-deductible in Mexico:  
[www.fundacionastra.org/donar](http://www.fundacionastra.org/donar)

