

A refuge where children reach  
their full potential



REFUGIO MAZATLÁN  
Tu futuro, nuestro proyecto

# Quarterly Newsletter

| Issue 14 | REFUGIO MAZATLÁN NEWSLETTER – March 2020

## LOCKDOWN

The COVID-19 virus has turned the world on its head. Of course, this has impacted the lives of our boys and staff at both Refugio Mazatlán and Mi Futuro. In order to keep them as safe as possible we decided in mid-March to self-isolate. At that time, we gave the boys the option of spending this period with families or staying at Refugio, but not back and forth. Twelve boys elected to stay at Refugio. We are blessed that Beremundo and his family agreed to move into the home to care for the boys together with Oscar, our psychologist. The remaining staff members are at home.



Bere, Lupita and Oscar have done a wonderful job caring for the boys and keeping them busy with homework and a host of interesting activities. Thank you Bere, Lupita and Oscar!

## Inside This Issue

### PG. 2

We are excited about our new Isagenix program

### PG. 3

Learn about the Activities at the home  
Read about the trip to Teacapan

### PG. 4

News about our volunteers and donors



## ISA FOUNDATION

We are thrilled to announce that our US non-profit, Un Futuro Mejor, received a grant



from ISA Foundation in February. The grant is to teach the boys, our workers and their families about healthy living. The program will be carried out at both Refugio Mazatlán and Mi Futuro.

The funds will enable us to provide innovative, nutritious meals. We will also be able to offer activities and events that promote health and wellbeing.

We started the program in February and are happy to report that it was going very well up until the time that we went into quarantine. We have however found creative ways to continue as best we can and will fully implement the plan again when all the boys return.

Thank you, ISA Foundation, – we are so pleased to have this new partnership with you! We look forward to helping our boys, workers and their families establish healthy lifetime habits. Huge thanks to Laurie, Jill and Angela who made all this possible.



“The roots of education are bitter, but the fruit is sweet”

Aristotle

## ISA FOUNDATION PROGRAM

Laurie is spearheading the ISA Foundation

program. The grant funds have allowed us to completely change how the boys eat. We have largely eliminated all sugar, flavored drinks, processed foods and white bread. Meals are fresh, balanced, varied and include more plant-based and vegetarian or vegan options. The boys have adapted well and are surprised at how tasty the food is!



Richard and Tracy have provided fun and delicious nutrition and cooking classes.

Activities are also important in maintaining a healthy lifestyle for the boys and a busy schedule is in place and followed quite closely.



## ISA FOUNDATION PARENTS DAY

The first Family Day for 2020 was held in February. The families were asked to play their part in helping the boys to achieve success and fulfill their dreams.

About 60 people attended the event and we encouraged them to join us in the challenge to live a healthier lifestyle through the ISA Foundation program. With funds from the grant, we hired a nutritionist from a local university in Mazatlán to speak to all present. The lecture was followed by a healthy meal for all.



This promotes our goal to expand our vision of a healthier future to entire communities.



## ACTIVITIES

The boys have been busy with many activities including Taekwondo and working out.



One of the older boys, Eduardo, has become the Refugio Instructor and holds daily exercise classes using our donated gym equipment. Connie, a visitor from the US recently provided a boost to our supply of physical fitness and sports supplies – her generosity enabled us to buy all sorts of goodies. Gracias Connie!



Prior to the lockdown the boys took part in activities outside the home including visiting and playing on the beaches. They also

went to the Parque Ciudad Hermanas to play soccer and to practice their art skills. In addition, the boys hiked up El Faro on several occasions for good cardiovascular workouts.



It has been especially important to keep the boys busy during self-isolation. Bere has set up daily schedules for the boys to ease the burden of being confined in the home. The schedule includes doing homework, physical exercises (in the home), housework, and other activities.



In February, Margie and George from Oregon provided some very special woodcarving classes for the boys. The boys were completely engaged and thoroughly enjoyed the sessions. Thank you, Margie and George, for the enormous amount of planning and effort, as well as for all the supplies you provided. The boys will remember these afternoons for a long time! Thank you, Laurie, for facilitating everything.

Kevin received a “Best Student in Sinaloa” award for his secondary school achievements.



In February, Luis David started theory lessons at flight school in pursuit of his dream to become a pilot.



## OUTINGS

Thanks to ISA Foundation, we have incorporated more trips outside of Mazatlán into



the boys’ schedules.



In March, the boys all went to Teacapan, about 100 kms south of Mazatlán, for a weekend retreat. Prior to the trip the boys were

briefed on the agenda and what was expected of them.

The boys participated in physical competitions and games that drew the



competitive spirit out of many of them.



The trip also gave Bere and his staff the opportunity to teach the boys about healthy eating and keeping themselves in good physical shape.

The staff prepared nutritious meals that did not include sugar or processed foods.



The boys were also given time to rest and relax.



## VOLUNTEERS

We received an exciting visit from Kellen and family. Kellen played soccer for the United States and amassed a large collection of soccer jerseys over his career which he very kindly gave to the boys. Thank you, Kellen!



We are most grateful to our regular volunteers and supporters. Richard and Lawrence continue to provide meals, birthday cakes and shopping for the

boys. Many others have dropped off food, cash and other items – thank you to you all.

The boys bought their new shoes with donations from the Tippy Toes



Christmas Tree. Thank you, Debbie!

Maestra Lucia has made such a difference by teaching math to the boys in secundaria.



Michael, John, Patty and Karen keep the boys learning in their fun filled English classes.



The boys love attending Ana



Belen's literature classes.

We have been fortunate to have great support from John and Jill. Jill is

a Dental Hygienist and she and John set up a “dental office” in Refugio and cleaned the teeth of every single boy. John also changed electrical outlets and fixed some of our gym equipment. Thanks for your kindness, Jill and John.



## DONORS

We are most grateful to the Gems of Mazatlán who have sponsored a number of projects for us recently. They funded a much-needed roof repair to the kitchen in Refugio. Gems also financed stairs to the roofs of both



Refugio Mazatlán and Mi Futuro. We now have extra space for all those washing lines. They also brought in a team of volunteers to apply waterproofing to the roofs of both homes. Judy and her team sewed some lovely new curtains for the dormitories. The boys are very grateful for the extra darkness.



Unfortunately, the annual Tres Islas volunteer day at Refugio did not happen because of the COVID-19 risk. However, they kindly bought paint for the patio which the boys have since applied.

Tracy and his friends provided much needed supplies to Refugio through the pantry party program.



Renee and Greg, Johnnie and Linda and Jim and Holly very kindly hosted a progressive dinner on Valentine's Day. It was called Share the Love and was a huge success.



To our wonderful supporters:

**THANK YOU and STAY WELL!**



Website: [www.refugiomazatlan.org](http://www.refugiomazatlan.org)



Email: [refugiomazatlan@gmail.com](mailto:refugiomazatlan@gmail.com)



Facebook: Refugio Mazatlán



Phone: +52 669 146 4173 (Eng.) or  
+1 303-770-4749 (Eng.)  
+52 669 193 23 01 (Esp.)



Address: Calle Rosales #1105. Col. Centro, Mazatlán

