

# ASFM community initiatives during CoVID-19 contingency

To access links click on each title or the letters in bold

## Masks

Idalia Livas, class of 1999, and Adrián Marino, class of 1997, donated PETG sheets to make 2000 masks that will be delivered to medical institutions.

## Earsavers

Baby Llaguno, ASFM parent, is making acetate "earsavers" to adjust doctors masks so they don't hurt when doctors are using them.

## RespiraNL

Started as a citizen concern due to the lack of necessary medical supplies in the Healthcare sector to face COVID-19. Now this initiative has developed in a series of actions (UNIRYDAR) coordinated by Fundación Comunitaria and backed by businessmen in Nuevo León. This initiative is led by the following alumni: Everardo Lozano Class of 1988, Carmen Garza T. Class of 1990, Martha Lozano Class of 1990, Monica Diaz Class of 1990, Mauricio Zambrano Class of 1988 and Francisco Fernández Class of 1991. **Click here for more info.** **Click here to make a donation.**

## Alumni Association + Medclub

The Alumni Association together with Medclub led by student Paola Van Der Linden, vice president, are looking for people to cheer medical staff during these difficult times. The idea is to adopt somebody from the medical staff to motivate him/her everyday by sending quotes, poems, pictures everyday via electronic means. If you are interested, please **fill this form** and they will contact you with someone in the medical staff.

## Equestrian Centers

Student Eugenia García gathered groceries to give to the workers of the four equestrian centers in Monterrey.

## Alumni Zoom Events

Is there something you would like to share with your ASFM fellow Alumni around the world? Please **fill this form** to be our next host in our Weekly Alumni Zoom Talks!

## Score for a Cure

Led by ASFM Alumnae Lissy Giacomán, Class of 2008, Aleyda Treviño, Class of 2010, Evy Padilla, Class of 2011, Ana Chapa, Class of 2011, and ASFM students Laura de la Garza and Sofía Treviño organized a drive to gather groceries to help families that are being affected by unemployment. With this initiative they want to bring not just relief to the families but a hope that we will leave ahead all together. They have already helped 35 families. **Click here If you would like to participate and or donate.**

## @news thatboosts

Invites everyone to get to know the small acts of kindness and solidarity happening around the world. During the first weeks of the pandemic, Paulina Bremer Class of 2016, realizing that every person transmitted fear and that uncertainty and bad news were very consuming. This is why she decided to begin a platform on Instagram, where she ONLY posts good news and inspiring stories. **Click here.**

## Hope

5th graders are reading books, playing music with their favorite instrument, and sending support messages of hope to their friends at Instituto Nuevo Amanecer!

## University Mentors

The Alumni office is contacting alumni who would like to volunteer to talk with ASFM seniors who are enrolled in the same university that they attended to give tips and recommendations. This initiative was born because many seniors couldn't visit the university they are enrolled in. If you would like to nourish our seniors' decision, please **fill this form.**

## @buyasfm alumni

The Alumni Office together with the Alumni Association are promoting alumni buy to alumni with the Buy ASFM Alumni initiative. **Click here to be included in this initiative.** To find out more about the Alumni businesses that we are promoting go to the **ASFM Alumni platform: asfm alumni.com** or the **Alumni section of the ASFM website.**

## Relief

Led by Carmen Garza T Class of 1990 and Francisco Fernandez Class of 1991, is an emergency initiative to help staff of restaurants in our community who stopped receiving gratuities, an important source of their income, when restaurants closed down. **Click here If you would like donate.**

## @cinco ciencinco

Alumni Kenza Fernandez, class of 2018, Paulina Bremer, class of 2016, Eugenia Aldape, class of 2018 and Inés Treviño, class of 2018 worried that more Mexicans would suffer hunger than from COVID-19, so they decided to worked together in an initiative to try to build a community of Mexicans willing to help buy basic needs baskets and distribute them to vulnerable people. The initiative consists of running 5 kms (or doing 50 minutes of exercise), donating \$100 pesos (minimum) and challenging 5 people to do it. Find out about this initiative on the account **@cincociencinco** and join the challenge!

## ASFM Medclub

ASFM Medclub had chats with public hospitals administrations to make them install anti-bacterial gel dispensers in their halls.

## Raffle

Student Paola Van der Linden is organizing a raffle with HS students to support waiters and waitresses in San Pedro, the raffle will be on May 23. To know more visit Instagram **@rifapoyolocal** and if you want to support them **click here.**

## Summer Jobs

The Alumni office is looking for Alumni who would like to offer online work opportunities to ASFM Bach I and Bach II students for this summer. If you would like to participate, **filling this form** you can help ASFM students undergo real-life experiences and you will be encouraging the mentorship culture among the ASFM community.

## Backpack Drive

NJS together with Cruz Roja Mexicana are collecting new or in good condition backpacks to donate to children in communities in need. If you want to help please contact 811-477-1451.

## Help4Hope

As part of the Service Learning Program, Character Ed and CSL students created this campaign to help the neighboring schools during COVID-19. This initiative, made for students by students, hopes to give a kit of: a food basket, a distance learning kit, leisure activities and COVID-19 protection to each of the 348 students of the neighboring schools. The approximate cost of each kit is \$600 pesos. You can help by making **donations here.**

## Grocery Bags

ASFM Green Team led by Paola Van Der Linden together with Isabella Cárdenas, are gathering groceries bags for families of a community in Colonia Fortaleza in Santa Catarina, where they work regularly. **Click here** if you would like to contribute.

## Stuffed Bears

Teacher and alumni Evy Padilla, Class of 2011 together with student Paola Van Der Linden and alumni, joined together with the Stitches club to weave stuffed bears and deliver them to a clinic on Children's Day.

## May I Be Grateful

Initiative designed by the Alumni Association, through which alumni can get back in touch with their ASFM teachers and mentors to acknowledge them. If you want to write a gratitude message to one of your teachers, please register on the ASFM Alumni platform [asfm alumni.com](http://asfm alumni.com), find the list of teachers' contacts there, and start showing your gratitude with them!

## Aprendiendo con Maria

NHS created short videos in Spanish to share with sister schools to explain what is coronavirus, what to do to avoid it, what we can do at home and how to do social distancing, in a simple and fun way. **Click here to watch the first episode.**

These initiatives are, among many others, what our ASFM community has been accomplishing during this challenging and uncertain time.

If you have contributed somehow during this COVID-19 contingency or know someone in our ASFM community who has, please share his/her story with us.

**Stay safe and healthy!**

Once an Eagle, always an Eagle!

**Marcela C. de la Garza Evia**

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