

# IMG Give

FEBRUARY 2021

## How IMG Give Started

by Naomi J. Graham

In March of 2020 we -- a group of medical students in Mexico -- received an email that was not unexpected; in-person classes were canceled until further notice due to the COVID-19 pandemic. Initially, we believed "until further notice" meant two weeks, but before we knew it it was September and we still hadn't returned to the classroom. Many of us left the country and returned home to live with family during this uncertain season, disappointed that our time in the beautiful country of Mexico had been cut short.

As medical students under immense pressure to build up hours of volunteerism and meaningful experiences during our short years of medical school, we started to become concerned. How were we supposed to accomplish these things with restrictions that often prohibited us from doing so? These same restrictions started to take a toll on organizations who rely on volunteers and funds to keep their outreach programs running. Some of the very organizations in which our fellow medical students had been intimately involved were forced to cut down on the impactful work they were doing for the wonderful people of Mexico.

So, here we were taking classes in our homes, watching day-by-day as these problems became increasingly apparent. When no solutions were offered after 6 months, we knew it was time to create them for ourselves. This is how IMG Give came to be; a small group of friends who wanted to help our classmates as well as those in need around us.

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*"When no solutions were offered after 6 months, we knew it was time to create them for ourselves"*



# How IMG Give Works

by Naomi J. Graham

## Our Beliefs

Many of those involved in IMG Give are medical students. As future healthcare workers we are taught that we should always strive to “advocate for the social, economic, educational, and political changes that ameliorate suffering and contribute to human well-being” [1]. We believe we have an obligation to do these things not just when it is convenient for us to do so, but whenever we possibly can.



## Our Goals

IMG Give's primary goal is to make the most of the world's current situation by helping people give no matter where they are, thus allowing those in need around us to continue to be served.

The best way to describe IMG Give is as an organized giving community. IMG Give offers the opportunity to participate in volunteerism and gain meaningful experience by facilitating charity and outreach projects for those involved. IMG Give makes it not only more feasible, but more enjoyable to give from home.

The core team we have built over time is responsible for searching for organizations and causes to support. If it is an organization, the team initiates communication with them to learn who they are and ask in which ways IMG Give can be of service to them. They then pass on this information to the rest of our community who then can decide to join the cause and support. This communication happens through the various platforms we have, on which we are constantly striving to foster more involvement and interactive events in order to increase the feeling of a true community project.

Having a giving community allows outreach to become a team effort. We have seen that this increases interest and motivation to participate, as we deeply understand how uninspirational it can be to give alone at home. IMG Give exists because we didn't want that to be the reason that anyone normally supported by outreach efforts goes without the services provided to them.

*"We deeply understand how uninspirational it can be to give alone at home"*

The projects we facilitate vary based on several factors; some projects may involve solely fundraising, while others may include opportunities to volunteer in-person as COVID-19 restrictions allow.

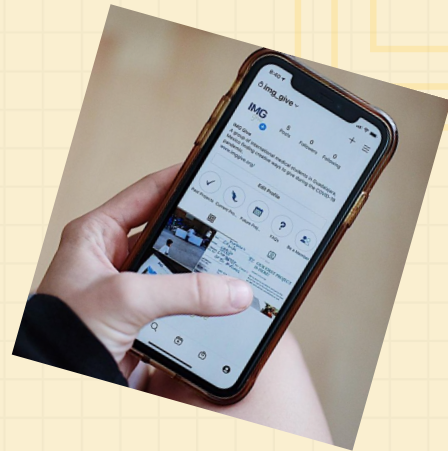
[1] The American Medical Association, Declaration of Professional Responsibility, March 2020



# How to Learn More

IMG Give uses different platforms to connect with each other, communicate, collaborate, and share important information.

Our Instagram page features photos and videos of our past and current projects. We often share announcements of online meetings and of other events there. Being open to the public, not all of our information is shared on Instagram. Some sensitive content sent to us from the organizations and causes we support are reserved for our private Whatsapp group, such as certain photos or videos of the people we are impacting through our projects. This Whatsapp group can be joined through signing up as an official participant of IMG Give on our webpage.



**Instagram:**  
**@IMG\_Give**



**Webpage:**  
**www.imggive.org**

Our webpage gives the chance to view blog posts of past, present, and future projects. It is also where we keep an updated account of Our Impact so far, and is where we will have a collection of our monthly newsletters (starting with this issue). On this webpage, those interested can enter their name and email to become official IMG Give participants, allowing them access to our private Whatsapp group where we share the bulk of important information and conversations.

**Email Us: [img.give@gmail.com](mailto:img.give@gmail.com)**

# Our First Project

*by Mario A. Lopez*

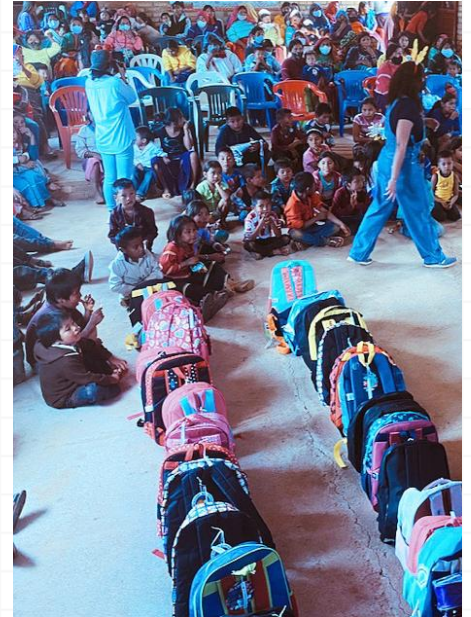


Our first project was a complete success!!! IMG Give worked to support Guimedic for a very special Christmas activity. Guimedic is an amazing organization that introduces medical students to serving some of the most in-need populations in the area. They have a vast array of volunteers, doctors, and students that contribute to helping people in low-income communities around Mexico. One of the things that Guimedic does during Christmas is put together these backpacks to be given as gifts for children and families during a posada in the middle of December.

The project we assisted with was called "Backpacks of Hope."

Guimedic put together these backpacks as gifts filled with clothes, school supplies, and a small toy. Along with this, the families got some supplies such as rice, sugar, coffee, vegetables, fruits, soap, vitamins and face masks. The backpacks also come with a little toy to try to give every child a positive outlook during the holidays. This project was extremely special for us because it was our first project and we were able to contribute a good amount. In a matter of a couple of weeks, we were delighted that with all the support of many of our hard-working members and their generous families, we were able to raise over \$1000.00 for these gifts.

Each backpack was valued at about \$25.00, so IMG Give was able to make Christmas time a little bit more special for over 40 children and their families. One of the things we especially liked was that, even though most of us were going through an exam period, we were still able to find time to make this happen. It set the bar high and gave us confidence to see that with a little bit of organization and buckets full of good will, we can indeed make a difference. We are extremely grateful for everyone who contributed, either through direct donations or donating your time for the advancement of this project. We learned through this project that we are able to do great things in two weeks, and left us dreaming with how much we could do in a couple of months, years, and more into the future. Thank you for everyone who was part of this.







# MARKED & IMG Give

*by Yazmin N. Ramos-Barbosa*

Many of us know that one of the most difficult obstacles during the process of goal achievements is to commence. This can be due to a gamma of reasons like not knowing where and/or how to start, not having the tools, or maybe because we are just scared. MARKED is a non-profit organization established in 2011 by a wonderful woman that started off chasing one dream; a dream that made - and keeps making - the dreams of thousands of people come true. These accomplishments have been driven by the force of the support of her beloved husband, family, and the thousand of followers she has gained. Now MARKED has a worldwide network that enhances the objectives of this wonderful dream. Because as Jonas Salk once said "Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality".

You may be asking yourself *What dream?*; MARKED's biggest dreams is to "see orphanages across Latin America empty while breaking cycles of poverty, drug abuse, trafficking, imprisonment, criminal activity, and abandonment"<sup>1</sup>. Even the biggest realizations are made from small approaches, therefore, MARKED has been working for the last eight years through small project and have accomplished the distribution of more than one million meals, sixty-four thousand pounds of proteins, and sixty thousand articles of clothing. They have partnered with eight churches, nineteen schools, and have had ninety-five percent of village communities enrolled in school. Additionally, their network has expanded from eighty children to more than seventy-five thousand (including two thousand adults).

***"Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality"***

Like many other non-profit organizations, maintaining sustainability is not an easy process, but up to this day we can see what beautiful outcomes have emerged from the persistence, dedication, and unification of human beings spreading love, compassion, and hope. For these and many other reasons IMG Give has partnered with MARKED. The intentions that lay behind this partnership are to expand horizons and fortify the positive outcomes.

IMG Give's purpose is to offer volunteerism while gaining meaningful experiences by facilitating charity and outreach projects for those involved. That is why IMG Give members have had the chance to create and/or lead minor and major projects with the objective of supporting MARKED.

<sup>1</sup>MARKED. ABOUT US. MARKED. [HTTPS://WWW.MARKED.ORG/ABOUTUS](https://www.marked.org/aboutus). PUBLISHED JUNE 2020. ACCESSED FEBRUARY 25, 2021  
DISCLAIMER: ALL THREE PICTURES IN THIS PAGE WERE RESOURCED FROM MARKED INSTAGRAM PROFILE.\*

# Project Proposals

*by Roxana S. Urrutia*

IMG Give currently provides remote volunteer opportunities and limits in-person participation in support of COVID-19 safety regulations. Despite the focus on financially serving communities in Mexico through our Guimedic and MARKED projects, IMG Give is not solely a fundraising organization. In fact, we aspire to complete online service-based projects in the months to come. To meet this goal, we are encouraging all IMG Give participants to propose project ideas that could serve communities in either Mexico or the United States.

Any IMG Give participant can propose Major and Minor Projects through our "IMG Give Project Proposal" Google Form. Major Projects are defined as efforts led by the Core Team Members, whereas Minor Projects may be led by the individual who introduces the idea. Both Major and Minor Projects can be service or financial based activities that support any person or community in need.

Submitting a Project Proposal consists of completing a short application that answers the following questions:

1. Are you proposing a Major or Minor Project?
2. If proposing a Minor Project, would you like to lead it?
3. What is the project's goal? (Service vs Financial)
4. How much time do you recommend to reach the project's goal?
5. How many people do you recommend to reach the project's goal?
6. Description of Project Goal and Affiliation (if any)

IMG Give is accepting Project Proposals on a rolling basis to empower our participants to serve their immediate communities. Approved projects will be supported by IMG Give Core Team Members and promoted on all IMG Give social media platforms, including our website, newsletter, and Instagram page. Furthermore, Minor Project Leaders will have

complete autonomy over their project's management and will be authorized to contact IMG Give participants to acquire assistance in achieving the service or financial objective. IMG Give is confident our participants will generate remarkable ideas. We are thrilled to see the projects that emanate from this new initiative!

***"IMG Give is accepting Project Proposals on a rolling basis to empower our participants to serve their immediate communities."***

IMG Give Project Proposal

\* Required

Tell Us About The Project!

Are you proposing a Major or Minor Project? \*

☐ Major Project

☐ Minor Project

If proposing a Minor Project, would you like to lead it?

☐ Yes

☐ No

What is the project's goal? \*

☐ Financial Funds

☐ Service/Non-Financial

How much time is recommended to reach project's goal? \*



# Medicine and Poetry.

by Yazmin N Ramos-Barbosa

The medical field is filled with emotions, whether positive or negative. In most cases, physicians are encouraged to develop ways to deviate the expression of such while delivering care. Yes, it can be expressed but in the comfort of their own and sole presence and not the patients'. The intentions behind this are to reduce any unnecessary reaction from the patient being treated and to avoid any emotionally-related hindrance at the time of decision making. As I read in *The Soul of a Doctor* the suppression of emotions can be catastrophic for a medical doctor due to the fact that it sometimes amplifies tiredness, insensibility, irritability, and stress. That's why hundreds of doctors worldwide express through poems what cannot be expressed to the patient. As Bromberg expressed in her *Poetry and Medicine* article published in The Medscape Journal "Poetry allows us to express ourselves, foster creativity, and accept ambiguity. It enhances empathy, self-awareness, and introspection." Composing poems is a pathway to helps doctors close that emotional space between patients; it replenishes the should and takes away the weight carried among those white and endless halls. Poetry may be the medicine for a doctor's heartache. A great example would be Rafael Campo who has dedicated more than ten years to poetry. Here he promotes his desire for equality among minorities group and expresses the art of healing those poems.



## Rafael Campo

is an American poet, author, and doctor with cuban roots born in Dover, New Jersey in 1964. He graduated from Amherst College and Harvard School of Medicine (HMX) where he also practices medicine - and at the Beth Israel Deaconess Medical Center - in Boston.

Dr. Campo has received many international recognitions, awards, and honors. This was after his first published collection of poems, *The Other Man Was Me: A Voyage to the New World*, which gave him a distictable reputation by wining the national Poetry Series Open Competition in 1993<sup>1</sup>. Additionally, Dr. Campo received the National Hispanic Academy of Arts and Sciences Annual Achievement Award and is a PEN Center West Literary Award finalist<sup>1</sup>.

Some of his compositions include *The Enemy*, *Landscape with Human Figure*, *What the Body Told*, *The Healing Art: A Doctor's Black Bag of Poetry*, and *The Poetry of Healing*<sup>1</sup>. Rafael Campo's writing is heavily influenced by the promotion of gay people, color people, and working-class people's equality.

Dr. Campo has not only accomplished the previous awards and honers, but he's also been recipient of two fellowships: the Guggenheim Foundation and the Echoing Green Foundation<sup>1</sup>.

## Cardiology

by Rafael Campo, 2018

When we first met, my heart pounded. They said  
the shock of it was probably what broke  
his heart. In search of peace, we traveled once  
to Finland, tasted reindeer heart. It seemed  
so heartless, how you wanted it to end.  
I noticed on the nurse who took his pulse  
a heart tattooed above her collarbone.  
The kids played hearts all night to pass the time.  
You said that at its heart rejection was  
impossible to understand. "We send  
our heartfelt sympathy," as written in  
the card your mother sent, in flowing script.  
I tried interpreting his EKG,  
which looked like knife wounds to the heart. I knew  
enough to guess he wouldn't last much longer.  
As if we'd learned our lines by heart, you said,  
"I can't explain." "Please don't," was my reply.  
They say the heart is just a muscle. Or  
the heart is where the human soul resides.  
I saw myself in you; you looked so much  
like him. You didn't have the heart to say  
you didn't want me anymore. I still  
can see that plastic salute: Jesus Christ,  
his sacred heart aflame, held out in his  
own hands. He finally let go. How grief  
this heat is borne, not rely. Borne in the heart.

<sup>1</sup>Bromberg R. Poetry and medicine. Medscape journal of medicine.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2329765/>. Published March 14, 2008. Accessed February 25, 2021.

<sup>2</sup>Disclaimer: The picture on this page and poem where resourced from <https://poets.org/poet/rafael-campo>

# Our Impact



## 2 Organizations Supported

Guimedic Humanitarian Medical association and MARKED are two organizations making incredible transformation in Mexico. It has been an honor to support them in what they do.



## 67 Participants

Guimedic started from the hearts and minds of a group of 3 friends. Since then, it has grown substantially. We love the friendships we are developing and the community we are creating. It is a gift during the COVID-19 pandemic.



## 2,130 Dollars Raised

During the span of our first project, IMG Give donated \$1,035 to Guimedic. Just recently, \$1,095 was raised (in just 4 days) to support an urgent need of MARKED's Women's Soccer Team.



## 2 Projects Completed

"Backpacks of Hope" with Guimedic took place in December of 2020. This month (February), we completed our second project with support of the MARKED Women's Soccer Team.



## 2 Communities Served

Both Guimedic and MARKED support rural communities on the outskirts of Guadalajara, Mexico.

IMG Give personally thanks everyone who has contributed to the development of this giving community and all who have made this impact possible.



# Newsletter Contributors



## Mario A. Lopez

Mario is a current medical school student from Tucson, Arizona. He graduated from the University of Arizona with a BS in chemistry and a minor in biochemistry.

Mario is interested in Emergency Room Medicine and enjoys travel and soccer.

## Roxana S. Urrutia

Roxana is a first generation medical student at the Universidad Autónoma de Guadalajara. She is passionate about mentorship, patient advocacy, and volunteering in underserved communities. Roxana aspires to work towards health equity as a physician.



## Yazmin N. Ramos

Yazmin is a current medical student with a B.S. in Microbiology also pursuing a master's degree in healthcare administration. She aspires to be a hand surgeon and a hospital administrator. In her leisure time, Yazmin enjoys being with her family, reading and writing poems, and traveling.



## Naomi J. Graham

Naomi is a current medical student and one of the founders of IMG Give. Being raised in a small town in rural Alaska, she is passionate about caring for underserved communities and hopes it is always an aspect of her practice as a future physician.

