

Flying Mother Lode Chapter

Clinic Report - April, 2017

Primary Care Clinic



Threatening weather caused multiple problems for our pilots. As a result, Chris Nelson flew down on Thursday with **Dianne VanOrder**, **Donna Root** & .They experienced some bumps, but arrived in good time with nice weather. **Joel Prosser** was going to depart on Thursday, forcing **Marianna Locke** to cancel her "reservation" with him because she couldn't get off work that day. However, his plane developed a mechanical problem, so he had to cancel; **Pam Polk** lost her trip to clinic also as a result. Two other planes canceled because of the threatening weather on Friday. **Dean McDavid** flew from Denver and arrived in Placerville at noon on Thursday, then departed Friday with me. He planned to pick up **Gwen Douglass** & **Bob Haining** from Livermore, but due to weather, picked them up in Tracy. Remaining at lower altitudes with 35 knot headwinds, he

started climbing near Fresno and by the time we arrived in Bakersfield, he was able to climb up to 8,500 feet. We then headed toward Mexicali without any further problems and arrived in San Quintin around 1:30 p.m. **Todd Makiyama**, with his wife **Theresa**, flew solid IFR from San Jose for 90 minutes before entering clear weather. He entered Mexico through Tijuana, arriving in San Quintin just before we did.

Saturday was cool, but sunny, with a very busy clinic. The eye clinic was heavily attended, but there were many helpers including **Margie** & **Rick** who drove from San Diego & **Joe Zachwieja** who also drove. Todd & Theresa hustled in the dental clinic with help from Dean, Chris & Rick.

Bob Haining & I saw 43 families in the medical clinic, with Bob evaluating five children with cerebral palsy. Many vitamins were distributed.

Friday evening several of us went for street tacos with others going to Don Eddie's.

Saturday afternoon, Todd received word that his mother had been in an auto accident, suffering a dislocated elbow and broken arm. He and Theresa finished the dental clinic and departed San Quintin at 2:30 p.m. in heavy winds to return home. Due to lack of further patients, we all closed down by 3 p.m. Back at the hotel, a couple was celebrating the lady's birthday; the husband hired a seven-piece Mariachi group; they played for 45 minutes and it was a real treat. We were even treated with slices of the birthday cake. There were winds blowing around 25-30 mph on into the late evening. Six of us went to Jardines for dinner, but a few remained at the hotel to eat.

Sunday morning was cool, but there were no winds and we departed in beautiful, clear skies.

-Sr. Bilito

Thank You to our Sponsors!

A SPECIAL THANKS to some of our many important program sponsors without whom The Flying Samaritans could not make the significant humanitarian impact delivered to those in need. Both monetary and non are essential to the operation of our clinic.

- Celeste Roseberry-Mckibbin with "Love, Talk, Read" generously donates children's books for each of the packs.
- Soroptimist International: Placerville, Cameron Park and Folsom
- Rotary Club International: Folsom; Folsom Lake; Placerville; Arden-Arcade; Pocket-Greenhaven; Loomis; Roseville Sunrise; Orangevale
- Rotary Interact Clubs; Casa Robles High School; Oak Ridge High School
- Lions Club International; Folsom Lake; Placerville; Embarcadero
- Cris Gerard
- Dee Farmer
- Dr Bob Haining
- Dr Nancy Archibald and her Dental Team
- Folsom Project For The Visually Impaired; Don Ring
- Sister team, Dianne Vanorder and Margaret Sanderson
- Restoring Vision
- SOLO Eyewear
- Vitamin Angels
- SHARE Institute; Dr. Soheir Stolba
- Jack Olson; Folsom Lake Bank
- Tanya Moran
- Marlyn Pino-Jones
- Bank Of America Retiree Group
- Folsom Prison "Hooks And Needles"
- Placer County Corrections, Women's Division
- Sharron Flynn
- Rolling Hills Church
- Brenda and Sterling Daley
- Trish McCum
- German Club of Stockton
- Debi Amaral/VSP



A additional THANKS from the children, women, and men in rural Baja for all of your thoughtful humanitarian contributions!!!

Backpacks for Baja



Looking cool!

Linda Nelson makes many of the backpacks/handbags and manages the coordination of the items that go into them as well as putting them together and ensuring they are ready for transportation/distribution. Thanks for your caring and thoughtful efforts!!!

Great teamwork takes place every month in helping make this impactful initiative happen!!!!

A special thanks from the women and children in Baja for everyone's humanitarian contributions!!!

-Chris Nelson

April celebrated reaching over 2220 "Backpacks For Baja" distributed to those in need since the program began in 2014!!!

Chris, with the assistance of several local volunteers, distributed to each of the over 60 children attending the clinic a backpack which included sunglasses, important sundries such as tooth brushes and toothpaste as well as school supplies and a first aid kit. Women attending the clinic also received handmade handbags that included personal care items, sunglasses, and a special gift.

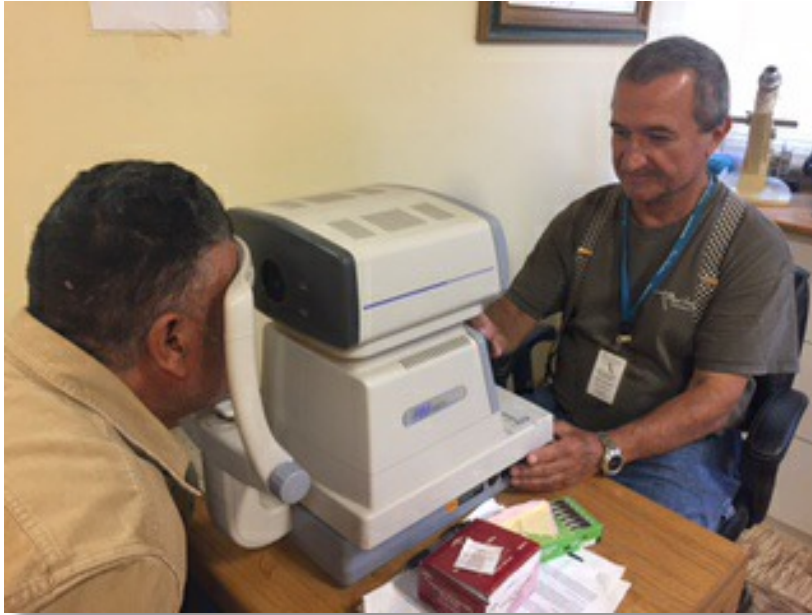
There was also a distribution of hundreds of women and children's clothing items which were greatly appreciated by the thankful recipients.



Lining up for the backpacks

Optical Clinic

The total number of patients seen was well over 100 with 66 exams using the Auto Refractor. Only six pairs of glasses were ordered as a result of the exams the remainder were filled on the spot using our inventory. In addition we gave out 42 pairs of readers and 11 pairs of glasses ordered from months prior. We also distributed approximately 200 pairs of sunglasses including those that were in the 70 Backpacks given to children and 60 Handbags given to women. women.



Joe Zachwieja examining a patient on the autorefractor

Overall the optical clinic ran very efficiently, thanks to **Margie Wilson** who acted as the Optical Team's coach as well as being the focal point for fitting patients with the appropriate prescription and style of glasses. I feel that the success rate of fitting was excellent and that was due to the efforts/diligence of Margie and **Martina**, a local volunteer/translator who handled that function. **Joe Zachwieja** acted as a resource for all and handled most of the exams. **Judy** as usual helped with exams and keeping the patients organized as they waited to be seen. A GREAT Team!!!

A special thanks to **Don Ring** of the **Lions Club** and **Folsom Lake Lions** for providing the prescription glasses and sunglasses. Also the generous donation by **Solo Eyewear** and **Restoring Vision** of reading glasses and children's glasses was appreciated by the thankful recipients.

We also received a donation from **Debi Amaral** with **VSP** of 100 pairs of high end sunglasses that were a huge hit!!!

Many THANKS to everyone that made this clinic an impactful humanitarian effort!!!

Chris



Margie Wilson helping a patient with a new pair of glasses

A Fresh Perspective...

This month, our first of two "Fresh Perspective" pieces comes from **Margie Wilson**.



Margie Wilson sorting through donated glasses

The following are my thoughts and ideas on the clinic in April:

On the whole I thought it went very well!! I have ideas on the screening process that may expedite the process:

1. Screen visual acuity outside before the auto-refractor. This would help me know what the acuity is before trying to fit them. For example: if patient sees only 20/200 without correction and does not improve with pinhole(I have a pinhole occluder) then glasses will not help. Patient may need cataract evaluation or other medical care such as diabetes. I can teach Judy easily how to use this occluder. The acuity results need to be written on something. Either a sheet of paper or on the sticker mentioned below.

2. We need to set up a visual acuity chart on the opposite side of the room from the auto-refractor. We waste too much time due to people blocking the chart. Two Snellen charts were requested from Dianne.

3. It would be great if the patients were identified with name, DOB and date of the clinic and number. If stickers were used we then could fasten the sticker on the paper to order the glasses or on the referral sheet when patients are referred out. Numbers would help give us an idea of how many patients are waiting, we could tell the patients approximately how long the wait will be and know exactly how many were seen. If this is too time consuming, Judy could use a clip board with list of names numbered, DOB and give the patients their number slip.

Rick and I really enjoyed ourselves and felt blessed to be able to help.

-Margie Wilson



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A Fresh Perspective...

This month, our second of two "Fresh Perspective" pieces comes from **Rick Wilson**

I am a retired Environmental Health and Safety Program Coordinator for a local Community College. I have tagged along a few times to 3 different Flying Samaritan clinic locations with my wife **Margie**, who is a retired Certified Ophthalmic Medical Technologist and teacher. Usually I help in the eye clinic or find something to do around the facility. This last trip (my second) to San Quintin Clinic. **Chris Nelson**, walked me around and showed ways I could help him with clinic setup and closure. I was also able to assist **Dr. Teresa Dao-Makiyama** in the dental clinic. She was great, she showed me step by step how to assist her. She extracted a few teeth (first one was a tough one) and several fillings. As her assistant, my main job was placement of the suction devise and using it to keep the tongue out of her way. I found a job that sucks, but I like it. Looking forward to many more trips to the San Quintin clinic, who knows what my next job may be.

- **Rick Wilson**



Rick Wilson and Teresa Dao-Makiyama
hard at work in the dental clinic



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Reflections on San Quintin



Mariana Locke and Gwen Douglass; long time Flying Sams members and the heart and soul of the clinic

The people I have met , in the 15 years I have been doing this, are all incredible human beings. The pilots, the doctors, the nurses, the helpers, and the Rotarians, all have one common goal. They all want to help serve the people . After a long day at clinic, I have the pleasure of enjoying their company, and knowledge ,as we the share the day's events and relax. I learn so much from these amazing and unique people. I look forward to the weekends with enthusiasm and tremendous gratitude for the opportunity to participate. The long term affection, I receive from the children, is a most cherished reward. They nourish my soul.

-Gwen Douglass

One of the greatest joys in my life has been my involvement with the Flying Samaritans. It enriches my life to see the smiling faces and the gratitude of the people we help, in Mexico. Fifteen years ago , my mother ,a nurse practitioner ,invited me to join her on a mission. I wasn't sure that I could be useful. I felt like my Spanish was limited and I did not have medical or dental skills to contribute. On my first trip, everyone was so warm and welcoming, including the patients. Everyone made me feel like I could be useful and since then , I have worn many hats. I have assisted and translated for the doctors, holding a limb, calming a patient, doing intake interviews, taking vital signs, assisting the dentists with suctioning , counting pills, fitting glasses on patients, and things I never expected to be doing. Everyone knows my favorite task is entertaining the children , shooting a bubble machine in the courtyard ,or tickling them until they squeal.

Through the years, my Spanish has improved and my love for the people has deepened. I have done local fundraisers and spread the word, amongst my friends and colleagues, with pictures and stories. Their response and enthusiasm to become a part of this effort has strengthened me. Everywhere I go, people offer clothes, toys, and moral support. Often times, I have heard, "I can't go with you to Mexico, but your pictures or stories encouraged me to support the homeless shelter or volunteer locally. " I feel like we are all trying to make this world a better place.



Another smile courtesy of Gwen and Mariana's generous donation of toys

Dental Report



This was an unusual clinic for the Sams in San Quintin. The crew was comprised of **Dr. Theresa Dao-Makiyama**, **Dean McDavid**, our local translator **Minerva**, and myself.

We arrived Friday on a flight that was in full instrument conditions for the first hour and a half or so, and then clear flying to Tijuana and then on to San Quintin. Dean McDavid reported similar flying conditions from his flight from Placerville. Talking to members of our neighboring Tuscon chapter, they stated their dental clinic was sparse and they finished early on that Friday.

Saturday am came and we didn't arrive to the throngs of people waiting for us. A descent crowd, but nothing like it usually is. Weather was an absolutely perfect April day.

The crew and myself were completed with all patients who had infections, pain and needed extractions by lunchtime and spent the next couple hours doing restorative dentistry. We didn't keep accurate count this clinic, but safe be said, it was a very light clinic comparatively speaking to ones of the past. We had completed our list, seen all requested patients and were cleaned up by 2:30pm.

I cannot speculate why the clinic was so light for both our clinic and Tuscon's. Needed we were, but it was one of the two or three clinics in the past 6+ years that we've finished earlier than the medical side, and the first time we finished so early.

A family emergency arose on Friday night in the Makiyama family. With respect to my family, it was fortunate that clinic did end early that Saturday as I flew home on Saturday evening instead of Sunday a.m.

-Todd Makiyama, DDS