

Flying Mother Lode Chapter

Clinic Report - May, 2017

Primary Care Clinic



After a very wet and cold winter, the Flying Sams returned to clinic with great enthusiasm. **Chris Nelson** flew **Jana Reyes-Moore** & her son, **Cedric**, and her niece, **Devon Welshons**, R.N. **Joel Prosser** flew his brother-in-law, **Mike Kime**, a retired chief of police of Madera, **Tony Pineiro**, a retired CHP officer and me. **Phil Lancaster** flew three medical students from Florida to assist with the Gold Coast Chapter's surgical clinic.

It was a very nice flight down with tail winds and smooth flying until departing Mexicali to San Quintin when it became very rough for about four minutes. Smog permeated the air over San Quintin, but it was cool and otherwise pleasant. Several of us ate dinner at the hotel, but the remainder went for street tacos. We then delivered the med students to Buen Pastore Hospital where they met with the Gold Coast group and assisted in triaging the patients for Saturday's clinic. We then returned to the hotel for an evening of reading and socializing.

Saturday morning, we noticed how few patients were there and assumed it was a result of changing our clinic to the third Saturday (because of Mothers' Day the previous Sunday). We also wondered about Gold Coast having its clinic the same day. However, as the day wore on, patients began to show up both to the medical clinic and the eye clinic. **Bob Thompson**, a physical therapist, and I were the only medics, so we kept steadily busy until 4 p.m. Dianne and Devon did the usual finger sticks for glucose, took blood pressures, dispensed meds, weighed patients and took temperatures. Tony is fluent in Spanish and helped interpret and assist with evaluating patients. Jana and Cedric were our roving photographers, asking everyone to smile and make happy. Jana has established contact with a worldwide organization that produces dresses for young girls free of charge, with the thought that if the girls are wearing nice, clean dresses, they come from caring families. If they disappear, they

would immediately be missed; therefore, kidnappers look for girls with dirty and torn dresses. Jana brought fifty of these and passed out 22, leaving the remainder for our next clinic. This fits right in with the feeling among our members of wanting to help the less fortunate.

Flor again did not show up at this clinic.

The optical clinic was very busy and Chris will write a report on that.

We departed Sunday morning with fog, but it quickly cleared. Unfortunately, when we arrived at Mexicali, the fuel truck driver was late for work, so Chris and **Bob Amarel** gassed up at Calexico which cost Chris an extra \$50. You've heard the adage that farmers can jerry-rig anything which Bob Amaral proved when his plane wouldn't start at Calexico due to a malfunctioning starter relay. He went under the plane on the hot tarmac and bypassed the solenoid, then started the engine. When he dropped **Dianne** off in Stockton, he shoved her out of the plane without stopping the engine and off he went home.

Another very successful clinic.

-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!!!

Letter to the President

Hey Doug, I just wanted to let you know what an awesome experience it was! I couldn't have asked for 3 better people to travel with. A pilot, a Doctor and a former Chief of police. The trifecta of what a kid grows up wanting to be. I didn't get to spend a long time getting to know each one individually but what I did learn from each was their passion to serve. From the start of the trip, with a prayer from Joel, nobody could have asked for a better flight. I found out that a lot of the people I worked with in law enforcement, Michael also had worked with, many whom I hold in high regard. We share a lot of the same thoughts, values and ideas. Then there was Dr Bill. A funny man yet one who had a wealth of knowledge, experience and caring. He demonstrated these acts not only with the pre-med volunteer students but with all his patients as well. But these were not the only people that made this experience so positive for me. To be able to assist Dr Bob and Nurse Diane as they treated their patients was an honor. To see the compassion each displayed with their patients was amazing. I'm talking about serious life and death discussions involving a six month old child and teaching the aunt of her abandoned nephew, who has cerebral palsy how to try and bring comfort into his life. And Devon, the nursing student did an awesome job getting the vitals and information from the patients to be seen. She truly demonstrated a professionalism not seen in someone so young in their career. I could go on but there are probably many more experiences about these people you could tell me. I have a lot of responsibilities and events, with my daughter graduating from school and remodeling our home to being available to spend some time over the summer with my kids so I won't be available for a few months. But as soon as summer is over I intend to get back into volunteering with the Flying Samaritans. Please thank them on my behalf, not only for welcoming me so warmly but most importantly for what they do. It truly was an honor to assist these people as they demonstrated their caring and compassion for their fellow man. Looking forward to when I fly and assist again.

-Anthony Pineiro



Anthony Pineiro, Diane Vanorder, Bill McDavid, and Devon Welshons

Backpacks for Baja



Loving their new toys and backpacks

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

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!!!

May celebrated reaching over 2240 "Backpacks For Baja" distributed to those in need since the program began in 2014!!!

Chris, with the assistance of several local volunteers, distributes a backpack to children attending the clinic. Each backpack includes sunglasses, important sundries such as tooth brushes and toothpaste as well as school supplies and a first aid kit. Women attending the clinic also receive handmade handbags that include personal care items, sunglasses, and a special gift.

Jana Reyes and her son **Cedric** also distributed many donated items. Included were handmade dresses that Jana and her **Folsom Soroptimists** team made and/or acquired in support of the "Dress A Girl Around The World" initiative. This initiative is designed to provide at least one nice dress to as many young girls as possible to build Dignity, Health, Joy and Love.



Margie Wilson and two patients showing off donated glasses courtesy of our generous donors

Optical Clinic



Smile big for the camera!

The total number of patients seen was well over 80 with approximately 50 exams using the Auto Refractor. A new record was set with only one pair of glasses was ordered as a result of the exams the remainder were filled on the spot using our inventory. In addition we gave out over 30 pairs of readers and 8 pairs of glasses ordered from months prior. We also distributed approximately 200 pairs of sunglasses including many to children.

Overall the optical clinic ran very efficiently, thanks to **Margie Wilson** who did an outstanding job 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. **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 fit a new pair of donated glasses

A Fresh Perspective...

This month, our first of two "Fresh Perspective" pieces comes from **Cedric Moore**.

My name is Cedric Moore and I just finished fourth grade at Oak Chan Elementary School. This was my second mission trip going to Mexico with The Flying Samaritans. This year was special because I did a supply drive in my classroom before the trip. It was a great experience because my fourth grade class donated clothes, toys, sunglasses, toiletries, and other supplies. Thanks Oak Chan students!

My pilot Chris let me ride in the cockpit. It was cool because I've never done that before. I got to see how the instruments worked and I had a great view!

I really enjoyed the clinic. It was fun to hand out toothbrushes. It's nice to see how thankful everyone is there. I got to spend time with the kids waiting at the clinic, we played tag and ball together. It was hard not speaking the same language though. Can't wait to go back again next year!



Cedric Moore and Jana Reyes-Moore

A Fresh Perspective...

This month, our second of two "Fresh Perspective" pieces comes from **Devon Welshons**

My name is **Devon Welshons** and I live in Louisville, Kentucky where I attend Bellarmine University's nursing program. When my Aunt **Jana** told me about the trip she took to Mexico last spring to volunteer at a health clinic, I immediately got excited to tag along with her the next time she went. Being in nursing school I was very interested in getting to experience health care from a new perspective with a different culture.

There were only four of us on the plane ride to Mexico, **Chris**, our pilot, my cousin **Cedric**, my aunt Jana, and me. Getting to watch the ride from the cockpit was only the beginning of my adventure. I loved



Devon Welshons helping out a patient

getting to see all the mountains and lakes as we flew over.

Chris told me about how the Flying Samaritans receive grants and donations from various companies such as sunglasses and vitamins for the patients in Los Pinos. How great is that! When we arrived in Los Pinos, I got to see the clinic and realized what a great service we were about to get to do.

The morning of the clinic, Diane, the nurse at the clinic, showed me around the exam rooms, the patient waiting area, and the optical clinic. I was so impressed and excited about all the supplies and medical care that I knew we were going to be able to provide to the patients. I triaged patients and assisted with anyone that needed help. I do not speak Spanish so it was

great to have translators there that were so helpful. Interacting with the natives of the towns surrounding Los Pinos, I got a great hands-on experience doing what I love the most—helping and healing others. The families that came in were so very grateful for what we could do for them and that's what made this a truly amazing experience for me. Cedric and Jana enjoyed handing out various toys and dresses to the children at the clinic that Cedric's class had donated.

Leaving the next morning, I was filled with compassion and joy knowing that there's this team of Flying Samaritans! I am definitely interested in going many more times in the future.

-Devon Welshons, R.N.



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