

Mother Lode Chapter

Clinic Report - July, 2017

Primary Care Clinic



Phil Lancaster flew **Osvaldo Amezcua**, DDS, **Alexa Navasero**, DDS & me. **Joel Prosser** flew **Bob Haining**, M.D., **Charlie Arita**, DDS & **Chris Kim**, DDS. **Bob Amarel** flew **Jim Padget**, a chiropractor, **Raul Villarreal** and **John Messner**. **Chris Nelson** flew down on Thursday with **Dianne VanOrder** & **Anuradha Rao**, M.D. **Joe Zachwieja** drove down by himself as did **Rick** and **Margie Wilson**. We flew down at 9,500' with 20 knot headwinds and a temperature of 74°. Two planes flew into Ensenada with clouds requiring some circling and as we descended, the temperature increased to as high as 100°. However, once on the ground, it seemed to cool to around 85°. We were required to remove our bags and place them on a conveyor in the building so the immigration officer could check them with an X-ray machine. We arrived in San Quintin where it was some-

what cooler. Bob Amarel landed at Mexicali where it was so hot, his engine suffered vapor lock; he had difficulty restarting it. The temperature there was as high as 110°.

While we were enjoying margaritas, Bob Haining was presented with three shirts with his name and "Flying Samaritans" embroidered on them. This was our way of showing him our appreciation for all he has done with patient care and very generous donations for general use and scholarships. Several of us enjoyed street tacos Friday night and others stayed at the hotel for dinner. During the night, there was loud thunder but no rain.

Saturday morning the clinic was very crowded due to lots of people filing for scholarships. It was suggested that next year, an area should be set up at the airplane hangar for those applicants. We advertised that we would have four dentists to treat people seeking dental care mixed with those needing eyeglasses, along with medical needs and dispensing of backpacks. The medical clinic composed of Dr. Raud, Dr. Haining & me were busy all day until 5 p.m. The infant who was severely malnourished due to intolerance of regular formula, scraping by on goats milk, had remarkably recovered with Dianne VanOrder buying a special formula for him. He looked terrific Saturday and seems to be able to tolerate regular formula now. Flor has not appeared for over seven months and we wonder whether her family has moved to another area to live.

Patty's boyfriend held a special dinner for all of us at Celito Lindo on Saturday evening, providing us with yellow tail and rock cod fish caught by a fishing guide along with rice and special sauces. We were very appreciative and he said it was his way of thanking us for providing him medications for his diabetes.

Due to the heat, we departed the hotel at 6:30 a.m. and Phil delivered us to Placerville at noon.

-Sr. Bilito

Thanks 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.
- Sorooptimist 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
- Ann Hively
- 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, American Sewing Guild
- German Club of Stockton
- Debi Amaral/VSP
- Maria Boyd
- Barsotti Family
- Barbara Goyette
- Karin Aguilar
- Fiber Fanatics Knitting Group
- Lofti Lou Knitting Groups
- Joyce Hansen
- Elena Munoz-Plaza
- Lena Miguelgorry

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

Baby Oliver

We saw a baby at San Quintin clinic the first time 2 months ago. He had been born to a teenager at eight months gestation and 4 pounds. He was three months old when we saw him in May, brought to the clinic by his grandmother, and he weighed 8.6 pounds and really didn't look good at all, failure to thrive is what the medical term is. He appeared to be allergic to cow's milk (his mother didn't want to nurse him, and didn't), so we suggested goat's milk. We saw him again in June, he had gained 3 pounds but continued to have 6 to 8 diarrheal stools a day. We saw him in July, the diarrhea continued, but he had gained some more weight, was smiling and his overall appearance was good. **Dr. Rao** examined him and said he was meeting all the benchmarks for a newborn his age. We had purchased Nutramigen, a milk substitute, because the diarrhea has continued, and will have him follow up with a pediatrician in a town near San Quintin (**Dr. Israel** told us about this clinic while we were in San Felipe). His grand-

Looking better each day!

mother is taking very good care of him and understands the need to continue for him to be seen by a pediatrician. He was happy and smiling and a most beautiful baby boy. His name is Oliver. Keep him in your prayers!

-Dianne VanOrder, RN



Dianne Vanorder with Oliver

Sonshine Hacienda Orphanage

It was a bright blue sky Thursday morning and we took off from Placerville for Bakersfield to pick up a pediatrician and equipment and supplies for a doctor setting up a hospital/practice in San Felipe, Baja.

Dr. Anu Rao left private practice in Bakersfield about 5 years ago, and some of the equipment and supplies that she had she donated to Dr. Israel, a physician who is setting up a hospital and a new practice in the Barrio in San Felipe, Baja. The building is looking pretty good, but he needs most everything else.

After delivering the EKG machine, audiology and nebulizer machines, we met a young man whose Dad brought him to the hospital to be measured for a new wheelchair. Ezras has muscular dystrophy, is twelve years old and no longer can walk on his own. (His two younger brothers also have the genetic disease). I had talked to our rehab physician, Bob Haining, and he told me what



measurements were needed for a new chair. This was the first time I had ever done this (a new nursing task for me) and it went smoothly. After returning to the States I was able to obtain a wheelchair from HopeHavenWest in Modesto. Lonnie Davis collects wheelchairs and ships them all over the third world; his warehouse contains about 2,500 wheel chairs. Hector Leanos will deliver the chair to Ezras in San Felipe.

We said goodbye to Dr. Israel, Ezras and his family and travelled outside of San Felipe a few miles to the Sonshine Hacienda, an orphanage run by a Pastor and his wife. They have approximately 35 children from 8 months to teenagers. I had brought dresses donated by Dress A Girl Around the World and shorts for the boys. Each girl got a new dress, which they immediately wanted to try on, and the boys put on their shorts. The smiles were really the only thanks needed. We toured the compound, saw the animals that had been added, a goat, chickens and a garden that looked wonderful.

Ah, the weather in San Felipe, well its July, the city is on the shore of the Sea of Cortez on the eastern side and they have the full sun. It was hot, like 100+ degrees, that doesn't cool down at

night. Although our hotel room had air conditioning it really didn't get below the 90's. We needed to get to San Quintin for our Flying Samaritan clinic on Saturday, so Friday morning we got to the airport at 8A, but found out that San Quintin had cloud cover, so we waited until about 10A to leave San Felipe. San Quintin had cleared and the heat on the runway was about 100 degrees (you cannot get a plane off the ground in hot weather so we had to leave for the West, or we were going to have to stay in San Felipe. Needless to say, we got off the ground and flew into a clear San Quintin about 30 minutes later to 75 degrees and a cool wind blowing.

I cannot say enough about the individuals who I look at as heroes: Dr. Bob Haining, Dr. Anu Rao, Dr. Israel (he grew up in San Felipe, knew they needed a hospital and came back to build one), the Pastor and his wife who run Sonshine Hacienda, Chris Nelson, our pilot (who makes monthly trips to Baja with Flying Samaritans), Ana, who represents the Lions Club of San Felipe and was our "tour" guide, all of these people go out of their way to help. If you are looking for the best, you will find them.

I have found so much joy and satisfaction in working with Flying Samaritans, here is to more years to come.



Dr. Israel and Ana Martinez

-Dianne VanOrder, RN

Backpacks for Baja



Loving their new toys and backpacks

Other volunteers also distributed many donated items. Included were handmade dresses that were 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. There was also a distribution of hundreds of Men, 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!!!

June Clinic celebrated reaching over 2380 "Backpacks For Baja" distributed to those in need since the program began in 2014!!!

Chris, with the assistance of several local volunteers, distributed over 70 backpacks 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.



A big thank you to our generous donors!

Optical Clinic



Patients wait to receive properly fitted glasses shortly after their exams

in the fitting area. This function requires a significant amount of time, effort and care to ensure that each patient leaves with the appropriate vision solution. Great Job!!!

Margie put in place a new process to take a brief history on each patient prior to them being examined. This included a preliminary exam/screening. Rick Wilson, Celia and Candy did a great job of handling this function!!!

Judy, our local volunteer helped keep everything moving and organized as usual while **Joe Zachwiega** assisted with exams and provided knowledgeable assistance to all.

The service was efficient and the success rate of fitting was excellent due to the efforts/diligence of the entire 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 particularly with the Women who appreciate the styles and quality that we would not normally be able to provide!!!

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

-Chris

A Record Month In Optical!!!!

The total number of patients seen was well over 150 with nearly 85 exams using the Auto Refractor. Only eight pairs of glasses were ordered as a result of the exams. The remainder were fitted on the spot using our inventory. In addition we gave out 55 pairs of readers and 5 pairs of glasses ordered from months prior. We also distributed approximately 200 pairs of sunglasses including those that were in the Backpacks given to children. The children's sunglasses were a big hit as many of the recipients had never had the opportunity to own a pair in the past and the styles were current and "cool" with themes that they could relate to such as Spiderman for the boys.

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. Both **James Padgett** (In addition to seeing Chiropractic Patients) as well as **Rick Wilson** worked hard all day



Distributing pairs of donated glasses to patients

A Fresh Perspective...

This month, our first of two "Fresh Perspective" pieces comes from
John Messner



Having absolutely no medical training, I was more than a little apprehensive about taking this trip but was told that there was plenty of work for everyone. As it turned out, there were lots of jobs to do. I ended up helping Diane with the take in of new patients doing temperatures, weights and blood pressures. I even got to the point where I could put the blood pressure cuff on the right way.

The greatest joy was just watching all the patients go through. Many of them wait all day either outside or in the waiting room with no grumbling. The majority have a smile on their face and seem

truly appreciative of the service we provide.

The volunteer staff that journey to Mexico each month were truly amazing, from the friendly doctors, nurses, chiropractor, and dentists to the eyeglass staff and "do anything" pilots, especially Bob Amarel who did such a friendly and professional job of getting me to and from the clinic.

Thanks to everyone who made me feel so welcome. I'm already looking forward to the next trip.

-John Messner



Flying Samaritans®

A Fresh Perspective...

This month, our second of two "Fresh Perspective" pieces comes from **Raul Villarreal**

I had a wonderful experience going over to Los Pinos. All the staff were outstanding and professional. I saw all staff with such a high level of dedication and energy to help every person needing treated. The people attending the clinic were very friendly, appreciative and the children were well mannered.



My role as an interpreter is minuscule compared to the outstanding dental work performed by the dental staff. Their work is what brings relief and smiles to every patient. I was glad to help wherever I could and happy to have met some AWESOME people.

Overall, I'm honored to become affiliated with such an outstanding organization and thank you for allowing me to be a member.

Respectfully

-Raul



Flying Samaritans®
SAMARITANOS VOLADORES

Dental Report

This was an extraordinarily busy weekend at the medical-dental clinic at Los Pinos. The waiting crowd was large and grew larger later in the morning. Our dental team had three new dentists to the Mother Lode Chapter. **Drs. Alexa Navasero, Chris Kim** and **Oswaldo Amezcua** are classmates from UCSF School of Dentistry, Class of 2015. I had the opportunity to work with them as students on a mission in Jamaica in 2014. These young dentists



ROCK!!!! From the first patient until the last they worked efficiently and provided outstanding treatment to their patients. I was so impressed and proud to see their high level of skill and confidence when treating patients just two years since graduating from dental school. They exhibit true compassion. With more time and experience they will each become even better dentists with endless potential. We unofficially recorded, 50 teeth extractions, 9 fillings, 15 exams and fluoride treatment and 1 root canal. There were times that the clinic was so busy that I'm sure we didn't record a few procedures along the way. I did my best to help keep up the flow of patients for each Doc and assist when needed. To help accomplish all this treatment a special thank you goes out to **Raul Villarreal**. A first time Flying Sams volunteer, Raul was assigned as an interpreter. Little did he know that he would be assisting chairside for Dr. Navasero all day. As a former Marine, Raul stepped up

and served our patients as well as he did for his country. Our local volunteer **Minerva** also contributed to our success as she assisted Drs. Kim and Amezcua.

Without these two special people, our clinic could not accomplish what we did on this Saturday in Los Pinos. Thank you to Pilot **Phil Lancaster** for providing the sterilization of the instruments. Phil was on top of things from the get go so we always had the needed instruments for our patients. Unfortunately with this large crowd of patients in need, we were not able to see everyone who showed up for care. I am hopeful that we will have a couple more dental clinics by the end of the year to help more people. It is our goal to have clinics more consistently throughout the year. We hope to see Alexa, Chris, Ozzie and Raul back again soon. It was so great to have younger healthcare providers volunteering their time to help. It is with my deepest respect and thank you to all that I submit the July clinic dental report.

Semper Fi

-Charlie Arita



Dental Photos

