

Flying Samaritans Mother Lode Chapter

Clinic Report - August/September, 2016

August Primary Care Clinic



We had 3 planes fly to San Quintin this past weekend, Doug, Joel and Chris were our pilots. Great flying weather and a good tail wind brought us home in a timely manner. Of course, it was hot on the ground at Mexicali but we have come to expect that! A new immigration officer made life a little tedious, but that worked out also, everybody needs to learn patience and that is what you do in Mexico!

Our two medical providers were Pam Fallo and Mariana Locke, both family nurse practitioners. They saw over fifty patients. Our helpers from Sacramento, Ann and Rashelle learned how to do vital signs for the patients and were able to do them prior to being seen in the medical clinic. They had virtually no experience with vital signs, but learned quickly and did a very good job of getting them done. I will "hire" them back any time they can come. All of our volunteers were extremely helpful, as well as the interpreters who come to the clinic to assist us. We were able to utilize our donations of Adult and Pediatric vitamins from Vitamin Angels for our patients. Our experience at the clinic was very satisfying.

- Dianne VanOrder, RN



Los Pinos Aerial View



Getting ready for another busy clinic

Primary Care Clinic Photos



**Jim McKay (IBOD President)
and Chris Nelson sorting donated lenses**



Ann Hively helping weigh a patient



Rashelle Rew taking vitals



Nurse Dianne Vanorder keeping everything running smoothly

Backpacks for Baja



Chris and with the assistance of **Ann Hively**, **Megan Wirzberger** (Our official photographer) as well as **Imelda Rivera** and **Cecilia Castro** who are local volunteers gave out over 70 children's backpacks as well as a significant amount of Women's and Children's clothing. Cecilia also assisted in the Optical area and did double duty assisting with Medical intake as well as scholarship distribution. This brings the total Backpacks distributed to over 2,045 since the program began in 2014!!! Each includes sunglasses, hygiene and health related items such as tooth paste/toothbrushes, shampoo etc as well as books, school supplies and fun items for the children and cosmetic items for the women.

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. **Celeste Roseberry-Mckibbin** with **Love, Talk, Read** generously donated children's books for each of the packs. These were a big hit as always!!! **Folsom Lake Lions** contributed in many ways including assisting with sewing as well as coordinating the donation of many much needed items. The **Placerville and Cameron Park Soroptimists Groups** continue to provide outstanding support including material and items for the Backpacks/Handbags. Members of the **Bank Of America Retiree group** donated supplies as well as made cash donations for the purchase of medications and vitamins. A team of residents of **Folsom Prison "Hooks And Needles"** crouched over 80 dolls and other items for the children and the **Placer County Corrections Team** (also residents) made packs, blankets and pillows. Many others contributed to the success as well. Great Teamwork takes place every month in helping make this impactful initiative happen!!!!

Carol Armstrong is also continuing to lead a team of individuals that are Retired Bank Of America Employees who prepare recycled prescription glasses for distribution to the needy in Los Pinos. This is being done between clinics in the United States. This initiative will make more glasses available for distribution and allow for the recipients to receive glasses at the time the need is determined as compared to having to order and wait a month for pick up.

A special thanks to **Nancy Archibald**, A Rocklin area Dentist and her team, who gathered up a significant supply of both prescription and non Prescription items particularly much needed Diabetic related.

September

September brought a large contingent of children to the clinic each of whom received backpacks as well as items of clothing and extra dental care supplies and books. The women who attended also received items of clothing as well as sunglasses and soaps ,lotions, and other personal care items. All of these benefits are attributed to our many generous donors and those that work very hard to put together the backpacks and other items distributed to those in significant need. Thanks to all!!!!



Women's Clothes Distribution



Reading a book from her Backpack



Early morning departure from Sacramento

Vitamin Angels helps at risk populations in need including those in the greater San Quintin, Baja Mexico area. They provide Flying Samaritans with an annual grant of multi vitamins for young children and pre and post natal vitamins for women. These donated products complement our humanitarian efforts and are coordinated/distributed by our trained medical professionals. Vitamin Angels currently provides support in 45 countries.

This month, the medical team distributed 1,260 pre and post natal vitamins and 3,600 children's vitamins. Thank you Vitamin Angles for the support!!



Families show off their vitamins courtesy of Vitamin Angels' generous donations

August Optical Clinic



Dr. John Demshar examining an optical patient

Another eight patients did not need glasses. We dispensed readers to 14 patients. All seven of the pairs ordered from the July clinic were picked up, and brought smiles to their faces. Judy, our local helper was efficient as always... making a list of patients to be examined, dispensing glasses from July, making sure these glasses were correct, and helping translate. I learned how little I knew about ophthalmology after working with John, but in the future we will all be learning more from his experience, and saving a lot of money. Had we ordered all the glasses from this clinic from Zenni it would have cost us about \$650. The seven pairs which Chris will order should cost less than \$100, so we have saved over \$500!

Bruce H

August was a turning point for the vision clinic. We had the pleasure to have with us **John Demshar** and **Jim McKay** from the Central Valley Chapter. John is an Optometrist and Jim is the President of their chapter as well as the overall President of Flying Samaritans. They hold a vision clinic in conjunction with the Lions Club twice a year in San Felipe.

Through the **Lions Club**, in May and June we obtained 3,500 pairs of recycled refurbished glasses, with the prescriptions attached. The Lions Club works with the prisoners at Folsom Prison to accomplish the recycle process. These had been sorted by the Sphere measurements by **Carol Armstrong** and a team of **Bank of America retirees** as well as others.

I performed the measurements on the refractometer on about 56 patients. As time permitted I took brief optical histories. Then I passed the readings off to John, who with Jim and Chris and Doug, searched the bins for as close of a fit as was possible. I was surprised that out of all the patients examined we found a good match for 44 of them.

Eight patients we did not find a good fit for, so Chris will order those from Zenni.



Bruce Hultgren assisting a patient with an eye exam

A Fresh Perspective...

For August, our "Fresh Perspective" comes from **Ann Hively**, .

Inspired by a presentation to the Orangevale Rotary Club 2 years ago by Chris Nelson on the Flying Samaritans' medical clinic in San Quintin, I invited Chris to talk to our high school Interact Club about how the students could contribute to this amazing program. As a result the Interact Club has enthusiastically sponsored several school and Rotary backpack donation drives in the past 2 years. Chris arrived to pick up bags and bags of precious donations to fill the simple cloth backpacks given to children and mothers at the clinic each month. The newsletter photos confirmed the excitement and joy our donations have brought to the farm worker families. Last year the Interact Club also donated \$250 to the Flying Sams!

Interact co-President, Mark McKibbin, was the first from our club to personally experience the Flying Samaritan program. Flying with Chris Nelson to the April clinic, Mark was very happy to present a check for \$2400 raised by his high school melodrama fundraiser/senior project. Mark returned with so many positive, inspiring stories about volunteering at the clinic, interacting with the families, and meeting the wonderful clinic volunteers and medical staff.



Ann Hively with two young patients

Rashelle Rew, Interact co-President, and I were thrilled to finally travel to San Quintin this month to volunteer at the clinic and personally experience how good it feels to help, to make a difference in the lives of the farm worker families. Rashelle and I were so warmly welcomed by the Flying Sams team and soon felt like members of the family!

We witnessed the excitement of the children receiving backpacks filled with treasures! Our

Interact Club's first project in September will be another backpack drive. October's backpacks should be filled with Interact Club donations! Nurse Diane recruited and trained us to work at the Intake Station recording weight, blood pressure and temperatures before the patients were examined by Pam and Mariana. Dear Martina assisted as our interpreter and her 2 children certainly charmed us! I understand that 66 patients were examined on Saturday and 44 pairs of glasses and 24 "readers" were dispensed by John and his team. Amazing!

I was especially moved to learn of the \$9000 worth of school scholarships that were awarded to 24 junior high and 18 high school students on Saturday! As a former high school teacher and Rotary Scholarship Chair, I so appreciate the positive impact the Flying Sams are also making in the education and future of the farm worker children of San Quintin. Yes, the monthly clinic is providing hope as well as medical care to these families who have so little. I am still reliving our weekend at San Quintin and remember a statement Chris made as we flew home. "Volunteering with the Flying Samaritans is contagious!" I now understand what Chris meant! I am planning on signing up for the September or October clinic! Hasta la vista!!

- **Ann Hively**, Casa Roble HS Interact Advisor

Mother Lode Chapter

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September Primary Care Clinic



Chris Nelson flew Dee Farmer & me. Phil Lancaster flew Diane VanOrder; he was scheduled to fly another passenger, but she was unable to find her passport. Mike Butcher is one of our new pilots & flies a twin-engine Cessna. Joel Prosser flew as an observer with Mike along with Sterling & Brenda Daley (Soroptomists). Todd Makiyama picked up Justin Sherrill & his girlfriend. Joe Zachwieja drove down with Bridget Moran & her daughter, Olivia. We all arrived in Mexicali with the temperature being 90+ degrees. When arriving in San Quintin, it was a relief to be in pleasant 80 degree weather. Most of us stayed at the hotel for dinner as the heat left us worn out.

On Saturday, we arrived at the clinic early to give everyone time to prepare for the patients. Two medics saw about 40 people, one of our lightest medical clinics. However, the dental & eye clinics were overwhelmed; their reports will follow. Joel was kept busy solving

the lack of water to the clinic & eventually corrected the problem . . . debris in the lines.

Diane had a fine time removing incomplete bottles of meds & generally tidying up so that all the medicines are nicely organized. By 3:30, the medical clinic closed due to lack of patients. As usual, the dental & optical clinics remained full of patients.

Saturday evening, most of us went to Jar dines for dinner, but Todd, Chris, Bridget, Olivia, Justin & his girlfriend went to the Old Mill Restaurant.

An early departure found us at Mexicali by 8 a.m. & home at 12:30 p.m.

-Sr. Bilito



September Optical Clinic



**Dee Farmer examining a patient
on the refractometer**

My name is **Dee Farmer** and I am a **Folsom Lake Lion** as well as a member of the Flying Samaritans. In September I had the opportunity to go to the Los Pinos medical clinic for the second time. We left Mather Field in Sacramento on Friday at 7:00 a.m. and arrived at the airport at the clinic about 1:00 p.m. We had a great tail wind! Others were also arriving and some of us went to the hotel and some stayed at the clinic to do some work to prepare for the Saturday clinic. I got checked in at the hotel – which by the way is on the beach if you don't know- and decided to go for a walk in the sand. It was a beautiful day and I found some perfect sand dollars.

Saturday morning came very soon and after breakfast together we all went to the clinic. I started working in the "Optical Center" and ended up staying there the entire day. We had 1,000 pair of "recycled" eyeglasses that were donated by the Folsom Project for the Visually Impaired (FPVI) which is located within the walls of Folsom State Prison. The FPVI is sponsored by the Lions Clubs and is operated by Folsom Prison staff and inmates. Donated eyeglasses are cleaned and gauged for prescription, and shipped anywhere in the world. The 1,000 pair of glasses had been sorted by the prescription and placed in labeled baggies by Carol Armstrong (saved us many hours). We transferred the glasses from the baggies to the corresponding bins in the Center.

During the day, patients came in and had their eyes examined with the auto refractor – which printed out their prescription. We then took the prescription and checked it against the eyeglasses in the bins to attempt to find a match. We processed about 40 patients during the day – some did not need glasses, some needed glasses that we were able to match with the recycled glasses, and for those that we could not match, new glasses were ordered. It was a very busy day and we were able to match approximately half of the patients with the eyeglasses that we received from the FPVI. All of these glasses were provided free, and the patients left with big smiles on their faces.

All too soon it was time to leave. We left the airport about 7:00 a.m. We again had a good tailwind and landed very soon back at Mather Field. I traveled with pilot Chris Nelson and co-pilot Dr. Bill McDavid. The round trip flight was wonderful – Chris is a great pilot and I thoroughly enjoyed the entire weekend .

Thanks you so much for the opportunity to serve the families around Los Pinos.



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SAMARITANOS VOLADORES

September Dental Clinic

September in Los Pinos: It was a good clinic.

There were mentioned fears that we'd be standing around on Saturday morning. The Tuscon Sams said that many of their Friday patients were coming from San Quintin and therefore possible we'd have a low turnout on Saturday. Not the case.

Admittedly, the normal large crowd on arrival wasn't there. However, we had 2 pages of signups within an hour and my crew handled the load extremely well. Jedi Master Justin Sherrill, Jessica Cook, Phil Lancaster, and our translator Minerva all assisted myself as the sole dentist, to see a total of 46 patients that Saturday. All an incredible crew! We were able to get through the pain and infection patients by lunchtime and got to do some restorative work and further oral surgery work in the afternoon.



A few minor glitches with our dental equipment occurred during the day, but overall, the equipment that's been installed over the past year is working spectacularly. The rearrangement of the chairs, the addition of doctor stools, and the inclusion of real dental suction and compressed air has really cut down on fatigue in getting through the day. This doesn't even mention the incredibly increased capabilities to offer greater service.

A note of possible pride: Due to the efforts of the dental crew of the Mother Lode Sams, we've had more dental clinic these past 12 months than in other years. I think and pray it is paying off. This particular clinic

we breezed through the infection and pain portion of our list earlier in the day comparatively speaking to previous clinics. Most notably however - I saw at least a 1/2 dozen patients towards the end of the day who claimed they have no great discomfort or pain, but thought they had minor issues. These 1/2 dozen patients had no major or worthwhile dental pathology at all - had all remaining teeth healthy, and left with no recommended treatment or action needed. In clinics past, I rarely see patients of that kind. I sincerely hope it's because we are making headway in creating better dental health, awareness, and habits in the community we Sams serve.

To all Dental Sams, please inform me of any availability for future clinics between now and February 2017.

Thanks to you all!

Todd Makiyama



Olivia Spears, Minerva, and DDS Todd Makiyama



Phil Lancaster manning the autoclaves

A Fresh Perspective...

For September, our "Fresh Perspective" comes from
Brenda and Sterling Daley



My wife and I recently had the privilege of participating in one of the Flying Samaritans trips to their clinic in Los Pinos. It was an incredible experience. Even though we are not trained medical professionals, they put us to work right away. We helped by weighing patients, checking blood pressures, taking temperatures, and dispensing eye glasses. Anyone willing to make the trip can make a difference.

The team we went with, Chris, Joel, Diane, Bill, Bridget, and Phil treated us like we were part of the family. They joke with each other, laugh, and have a good time, all while helping others. Everyone works together to make sure everything runs smoothly.

The clinic itself was quite an eye opener. The people lined up even before we got there and in some cases waited all day to be seen. It was very encouraging to see how the team interacted with the patients and how committed they were to doing everything they could to help them. They gave the same loving care to the 4-month old baby as they did to the 80 plus year old woman. In addition to the medical services they also provide clothing, school supplies, personal hygiene items, back packs, and toys.

The need is great but the reward is greater.

The Flying Samaritans work on a very tight budget. The team members pay their own expenses for the trip and in some cases pay for the supplies they need to run the clinic. I would encourage anyone that is looking for a worthy cause to consider

supporting the Flying Samaritans.

If you don't have the time to make a trip with them and see the great work they do, consider making a financial contribution to help them continue their work.

There was not enough staff to treat all of the people that needed services so some were asked to come back next month. If you are a doctor, nurse, dentist, or optometrist please consider donating your time. There is a desperate need for more medical professionals to meet the demand for services.

If you would like to be a member of the Flying Samaritans family, YOU CAN HELP!

1. Donate your time, have a weekend adventure
2. Make a financial contribution, it will be the best money you have ever spent
3. Donate supplies, make a difference in someone else's life.

Please consider how your family, church, or organization can help this great cause continue.

You will be extremely blessed by the experience.

-Sterling and Brenda Daley



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SAMARITANOS VOLADORES