

Flying Mother Lode Chapter

Clinic Report - November, 2016

Primary Care Clinic



Beautiful weather flying down to San Quintin on Friday as well as flying home on Sunday. **Bob Amarel** flew **Dianne VanOrder** & **Bob Thompson**, physical therapist. **Paul Denzler**, DDS was scheduled to fly with Bob also, but his passport was in a bank vault and not available due to everything being closed on Veterans Day. **Chris Nelson** flew **Carol Armstrong**, chiropractor **James Padgett** & me. **Peter Le Lievre** flew **Kathy Gaspar**, M.D., **Marianna Locke** & **Joel Prosser**. **Phil Lancaster** flew **Gwen Douglass**, **Renada Halliday**, R.N. & **Gordon Worley**. **Todd Makiyama** flew his wife, **Theresa**, and two sons. **Joe Zachwieja** drove and brought along **Justin Sherrill**.

Friday afternoon was very pleasant & that evening, most went for street tacos with the remainder eating at the hotel.

Saturday was very busy as Patti advertised over the local radio that the clinic would have two dentists plus a chiropractor and a physical therapist. Chris took up a collection for Cecilia's husband, Victor, who was seriously injured when the blade on

his skilsaw broke, striking him in his thigh. Cecilia is a local interpreter and helper and Victor has been responsible for maintaining our vehicles. This resulted in serious blood loss & possible permanent loss of mobility. The medical clinic saw the usual patient load. One of the patients was a 4-year-old girl who had pushed a small plastic item into her ear canal. An attempt was made to remove it previously at a local clinic, but the child would not cooperate, so the mother brought her to our clinic. An injection of Ketamine was given to sedate her, but in spite of our best efforts, we were unable to remove it because we lacked the proper equipment. The mother was told to go to a medical clinic on Monday. Flor again did not come to clinic, but we were told that the family now has a vehicle, so maybe next month she will appear.

Some of our past patients appeared . . . Laura with the damaged ankle came for eyeglasses and Isadora (Bob Haining, M.D. and Brad worked on a brace to treat her polio-damaged lower extremity) appeared with a previously broken radius. The cast was removed by Bob Thompson.

Saturday evening, 11 of our group went to the Old Mill for dinner and the rest went to Jardines.

We did an early departure on Sunday morning & most were home by 3 p.m. Chris will send a report on his backpack distribution & Todd will send a dental report.

-Sr. Bilito

Vitamin Angels

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 2,835 pre and post natal vitamins and 3,600 children's vitamins.

Thank you Vitamin Angels for the support!!!



Reflections on Alma Luminosa

It was great to return to Alma Luminosa again. I have been down sporadically over many years, never as often I have wanted to. Below is a photo of the landing strip and clinic from my first trip in December 1986. Things have certainly changed over the years. It was too many years before I made it back again, and I was able to go a few times in the early and mid-2000s. I had to take another break while I finished nurse practitioner school, and I really enjoyed returning on this trip in that role.

The flight down was fun in Phil's cozy airplane. I realized how much I had missed working at the clinic once I got there and started seeing patients. Doing this kind of medicine is a breath of fresh air when compared to my hectic daily practice in the emergency department. The patients are grateful and I feel like I really am able to do some good for them.

Another highlight of this trip was being able to introduce my sister-in-law (and dear friend) Renada Halliday to the Flying Sams. It was wonderful to work together, and to share something that has always meant a lot to me. It was also great to enjoy the company of the rest of the crew. I plan to be back soon, and with luck much more frequently.

-Gordon Worley, FNP



Alma Luminosa in 1986. There is only one hanger in the center of the photo, and the dirt aerodromo runs diagonally off to the right. The clinic buildings are in the trees to the left of the hanger. This was long before the greenhouses and other development that now dominate the area.

Backpacks for Baja

November Celebrated reaching nearly 2080 "Backpacks For Baja" distributed to those in need since the program began in 2014!!!

Chris and with the assistance of **Ethan** and **Brandon Makiyama, Gwen Douglass** as well as several local volunteers gave out over 80 children's backpacks as well as a significant amount of Women's and Children's clothing. This brings the total Backpacks distributed to 2078 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 nearly all 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.



Loving their new toys and backpacks

A Special thanks to some of the program sponsors:

- Folsom Lake Rotary
- Celeste Roseberry-Mckibbin with "Love, Talk, Read" generously donated children's books for each of the packs. These were a big hit as always!!!
- Soroptimists of Placerville, Cameron Park and Folsom
- Bank Of America Retiree Group
- Folsom Prison "Hooks And Needles"
- Placer County Corrections, Women's Division
- Sharron Flynn
- Brenda and Sterling Daley
- Rolling Hills Church
- Trish McCum
- Folsom Lake Lions
- German Club of Stockton
- Orangevale Rotary
- Casa Robles Interact Club
- Loomis Rotary
- Revamps Salon, Lucy & Andrea



Ethan and Brando Makiyama helping pass out dozens of backpacks

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

A special thanks from the Women and Children in Baja for all of your humanitarian contributions!!!

Optical Clinic

The Optical area was busy throughout the day with a steady flow of those in need of vision care. Despite the significant number of patients everyone was seen in a timely manner. Thanks to **Joe Zachwieja** and **Carol Armstrong** for coaching and ensuring that volunteers, many new to optometry and with little Spanish capability, were effective and productive in their roles.



Carol Armstrong and Peter Le Lievere sorting through glasses courtesy of The Lions Club and The Folsom Project for the Visually Impaired

The fitting of glasses, once a prescription is determined, is complex and time consuming. This process was managed by Carol Armstrong with assistance from Pilot, **Peter Le Lievre** and in between Chiropractic patients, **Jim Padgett**. Wait times were kept to a minimum and a great job was done by all with Carol's coaching to ensure proper fit and vision capability.

A special thanks to Carol Armstrong who sorted and organized 1000 pairs of glasses prior to the trip and to Joe Zachwieja who brought down supplies and bins for the glasses and kept everything organized throughout the busy day.

We couldn't accomplish what we do without the help of **The Lions Club** and **Don Ring** of **The Folsom Project For The Visually Impaired**, who donate both prescription glasses as well as sunglasses. This month we had an additional sponsor, **Health Vision Association**, donating sunglasses for children. The lucky recipients of your generous donations are VERY thankful!!!

In summary there were 68 exams completed with the auto refractor. These exams were primarily done by Joe and **Judy** our local volunteer. The exams resulted in 12 patients who did not need glasses, had cataracts or other were experiencing issues that we could not address. In addition 28 patients were fitted on the spot with readymade glasses including readers. There were 28 patients, many being children, requiring prescriptions not in stock. These were ordered for delivery next month. There were 24 pairs of glasses ordered the prior month which were dispensed. Also distributed were 175 pairs of much needed Men's, Women's and Children's sunglasses.



Carol examining a patient on the autorefractor

A Fresh Perspective...

This month, our first of two "Fresh Perspective" pieces comes from **Renada Halliday**.

I had a fabulous first experience as a new Flying Sams member.

My pilot, Phil Lancaster, along with my fellow passengers, Gwen Douglass (translator and hospitality extrodinare!) and Gordon Worley FNP) created a very fun and memorable flight experience. We had great weather and everything went smoothly. The arrival was very welcoming, the hotel grounds beautiful, and everyone associated with the event was as kind as can be. It was obvious from the moment of takeoff from Sacramento until my touchdown back home, that the Flying Samaritans truly live up to their name.



Renada Halliday flying first class on Bellanca Airways

The clinic itself was just the rewarding experience that I had hoped for. Everyone interacted so well with the patients, who were so kind and appreciative in return. I saw numerous examples of true humanitarian acts. One in particular was a little girl

who unfortunately had a condition which we tried, but could not treat her for due to lack of the needed equipment. The local

intake clerk, Patty, found a local doctor who had the necessary tools, but the family didn't have the money to pay for it. Without

blinking an eye, two Flying Samaritans (Joel and Chris, I think) readily offered to pay. The second really touching situation that I

witnessed at the very end of clinic day was with the last patient (s). Even though they were exhausted by now, Gabrielle MD, and Mariana NP, tag-teamed together and spent a great deal of time attending to the family of three and ensuring that they got a full treatment. By that late in

the day, they could have, without fault, tried to hurry along and shortchange the family. But they went above and beyond to give the care needed, regardless of the time spent. After finishing, it was dark out and the family had no transportation. Rather than having them walk home in the dark, Chris offered to drive them home when he took us remaining staff back to the hotel.

I saw firsthand how these families live in the poorest of situations, and why an organization such as the Flying Samaritans is so desperately needed. I will be back, and hope to bring my 19 year old daughter, who just became an EMT and wants to volunteer. She will love it, too.

-Renada J. Halliday, RN



A Fresh Perspective...

This month, our second of two "Fresh Perspective" pieces comes from **Jim Padgett**

Occasionally we are in the right place at the right time, when for example, people like Dr. Bill and Chris do a presentation and you know they are speaking directly to you. That happened to me a few months back at my Folsom Rotary meeting. Fast forward to Nov. 11, and four of us made a beautiful flight from Sacramento to San Quintin courtesy of our exceptional pilot, Chris.

Having been a chiropractor for almost 40 years, I've grown accustomed to a certain social/economic level of my patients, who do vary to some degree. Flying to a poor area of Mexico, however, not only opens your eyes and gives you some real perspective, it undoubtedly does some good for your innermost parts.



Whether I was staying busy seeing Chiropractic patients (with my trusty 11 year old translator), or digging glasses out of a box, I looked around and saw a bunch of folks enjoying their common mission to help others. I was proud to be surrounded by these people giving their time to fellow human beings. It doesn't get a lot more basic than that. Helping people to simply see better, eat without pain, or just get through their day with less discomfort in their bodies is very gratifying and reminds me that boundaries of countries really are human-made.

Carol Armstrong, Peter Le Lievere, and Jim Padgett

Flying home, cruising at 9000 feet above our mutual border, that famous border so in the news, it's difficult to really see it and what is supposed to be dividing us. Maybe that's the way it's meant to be. Thank you for including me. I was honored to be a small part of the Flying Samaritans.

-Jim Padgett

p.s. The food and drinks were awesome!



Flying Samaritans®

SAMARITANOS VOLADORES

Dental Report

This November Flying Sams Dental clinic was a special one. I got to bring both my sons along with my wife to this clinic and therefore became truly a family event. Normally my sons and I are busy with basketball on weekends – my son's recent breaking of his right shooting arm eliminated any possibility of basketball.... he was able to help at November's clinic!!!

This month – the dental crew was comprised of **Justin Sherrill**, and **Phil Lancaster**, Tuscon's **Bob Watson**, **Ethan Makiyama**, **Brandon Makiyama**, and **Minerva** as the backbone of the clinic. My wife **Theresa** and

I as the two attending dentists. As a bonus, one of my wife's patients, **Hilde**, drove from Los Angeles to assist in translating and assisting where needed.



We arrived to a throng of patients as usual. This month was different comparatively to months past. We saw only 23 patients for extractions and pain, extracting a total of 29 teeth. We pretty much completed pain and infection by lunch. What made this month's clinic different is that we saw 17 patients for restorative dentistry, spending equal amounts of time restoring than extracting – probably a first in my recollection. We completed a total of 26 fillings on those restorative patients. I can only hope this trend continues. I am also hopeful

that this means we are making a significant dental difference in this community we serve.

A request to all Dental Sams:

Please examine your calendars for the first 5 months of 2017 and let me know if you can attend a clinic. I am currently trying to create either a January or February clinic.

Please look through your dental supplies and equipment in your office. We are getting in short supply of Amalgam, bonding agent, and most of all – high speed handpieces.

I wish you all the best Thanksgiving and Holiday wishes. May this season bring peace/love and your family and loved ones together!

-Todd Makiyama