

Mother Lode Chapter

Clinic Report - December 2018

Primary Care Clinic

We left Stockton Friday morning to heavy fog with **Charley Santoni**, he and his daughter **Kayla** had left Woodland, picked up **Alexis Andrews** in Concord and then on to Stockton for me. **Randy Sharp** left Lincoln and picked up **John Messner** and **James Padgett** in Placerville. **Chris Nelson** flew from Placerville with **Rob Debruin** and **Eliot Drell**. We had high wet clouds through the valley and over northern Baja. They have had lots of rain over the past two weeks, so we had lots of mud everywhere.



Our two first time docs, Robert Debruin and Eliot Drell, along with our chiropractor James Padgett saw a total of 51 patients. We had several patients with respiratory problems, including children; one 8 year old did have pneumonia.

Three of our kids had fevers over 100 degrees, which is unusual, but we had many complaints about how cold it was. We also saw several regulars who come in each month to pick up their DM meds. The little 9 year old girl with warts on her chin returned and Dr. Debruin removed them without incident. Her Mom was very pleased.

We didn't have dentists this month so our patient load was fairly light. We passed out coloring books to the children and they colored while waiting. At lunchtime, we had a short party with gift giving and words of appreciation to our Baja staff who show up every month to help us run the clinic. Our translators and other optical helpers are most helpful to us. We couldn't do it without them.

Baja) and we took off for a smooth ride home.

Sunday morning was clear blue skies (at least in

Dianne VanOrder, RN

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 backpacks.
- Sorooptimist International: Placerville, Cameron Park and Folsom
- Rotary Club International: Folsom; Folsom Lake; Placerville; Arden-Arcade; Pocket-Greenhaven; Loomis; Roseville-Sunrise; Orangevale, East Sacramento
- Rotary Interact Clubs; Casa Robles High School; Oak Ridge High School, Folsom High School
- Ann Hively
- Lions Club International; Folsom Lake; Placerville; Embarcadero; Sacramento Senator
- 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
- Revamps Hair Salon, Lucy and Andrea
- 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 and neighbors
- Rolling Hills Church
- Brenda and Sterling Daley
- Cheri Throckmorton
- Trish McCum, American Sewing Guild
- German Club of Stockton
- Maria Boyd
- Barsotti Family/Fran Ward
- Barbara Goyette
- Karin Aguilar
- Fiber Fanatics Knitting Group
- Lofti Lou Knitting Groups
- Joyce Hansen
- Elena Munoz-Plaza
- Lena Miguelgorry
- Eloisa Ciancaglini, RN
- David Herrmann
- Theresa Dao-Makiyama
- Todd Makiyama
- Alexandra Hansen
- Patricia A. Nelson
- Brian Claassen
- Dr John Demshar
- Lonnie Davis/Hope Haven West
- Anthony Pineiro and Wife
- Anu Rau M.D.
- Renfro's Bridal Shop
- Falco Family Foundation
- Pam Crause, Kathy Schneider
- Hangtown Fiber Guild
- Marcella Claassen
- Cheryl Francis, Grace & Mercy, Lodi
- Lisa Smith

Backpacks for Baja

The December Christmas Clinic celebrated reaching over 3,523 "Backpacks For Baja" distributed to those in need since the program began in 2014!!!

Linda Nelson has made 2,290; **Cheri Throckmorton** and **The Rolling Hills Church Team** have made 1,039; **Placer County Corrections Inmates** have made 623 and other helpers made 529!!!!

Chris, with the assistance of **Imelda** and several other local volunteers, distributed over 120 special Christmas backpacks to children attending the clinic. Each backpack included a special gift, sunglasses, important sundries such as tooth brushes and toothpaste as well as school supplies and a first aid kit. In addition each backpack includes a book donated by **Celeste Roseberry-McKibbin** of "Love Talk Read". Women attending the clinic also received 60 handmade handbags that include personal care items, sunglasses, and a special Christmas gift.



Volunteers distributed many donated items and sundries such as toothpaste, soap, shampoo and lotions. In addition there were special 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. Each dress was personally fitted to a happy recipient. Over 75 of these dresses were distributed. The Rolling Hills Church sewing team also contributed handmade children's dresses, dolls and other children's items, including shorts for young boys, which were greatly appreciated!!!

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

We also gave out a large supply of handmade hats and scarf's as well as socks. These items were all made by the "**Hooks and Needles**" team of men at Folsom Prison. This team also contributes handmade stuffed toys and other impactful items each month. The items were greatly appreciated by all and the recipients asked that their thanks be passed along!!!

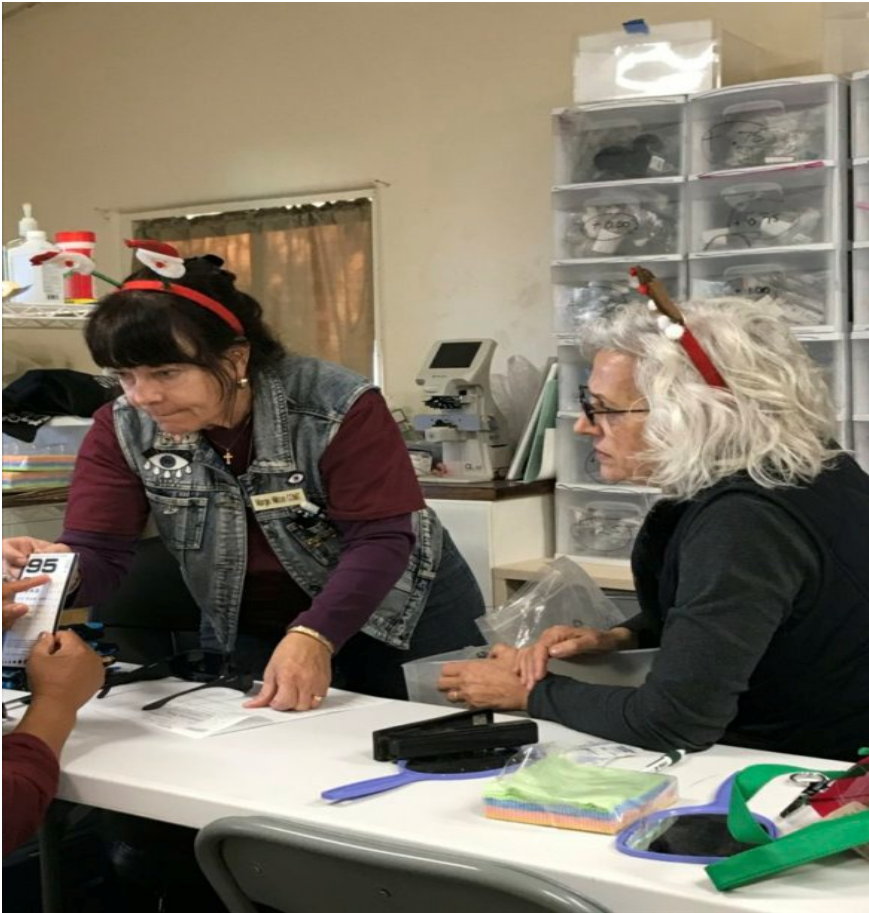
Linda Nelson makes many of the backpacks/handbags (Over 2,200 program to date!!!!!!) and manages the coordination of the items that go into them as well as putting them together and ensuring they are ready for transportation/distribution. She also coordinates the packaging and transportation of all the other items distributed, including the monthly supply of women's and children's vitamins. Thanks for your caring and thoughtful efforts!!!

Cheri Throckmorton along with help from members of The Rolling Hills Church, once again, contributed handmade backpacks and other meaningful and much needed items. THANKS!!!



Optical Clinic

In December 81 optical exams were completed. 95% of the patients needing glasses were fitted on the spot this month and left the clinic with a smile and greatly improved vision!!! This successful outcome was thanks to the improved work flow instituted by **Margie Wilson** as well as her diligence and training of the entire team!!! This is very significant in our effort to assist those in need of vision care on the day they are evaluated. Margie was assisted by **Maria Boyd, Angie** and **Chris** as well as other local volunteers in the fitting/evaluation area.



Historically, we have been able to fit over 97 percent of the patients with glasses on the day of the clinic and we then order the remainder online for delivery by one of the pilots the following month.

This was a team effort. Margie managed the exam process including utilizing an Auto Refractor as well as a Spot Vision unit. **Judy**, a long time local volunteer managed the intake of new patients and assisted with exams as well as providing knowledgeable assistance to all. Inez, as well as **Candy Castro**, a local student and the daughter of one of our long time volunteers, gave oversight to the distribution of children's and adult sunglasses and assisted wherever needed.

We had a pre exam completed by other local volunteers including **Melanie**, and **Sherlyn** the daughters of long time volunteers, **Imelda** and **Minerva** as well as **Denya**, the daughter of Judy. We continued to train/utilize everyone that was capable to ensure timely service for those in need.

The total number of patients seen was well over 160 with the 81 exams referenced above completed using the Auto Refractor and/or Spot Vision. In addition we gave out 25 pairs of readers and 2 pairs of glasses ordered from months prior. We also distributed approximately 125 pairs of sunglasses. This included Men's, Women's and Children's sunglasses. 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, Batman and Ninja Turtles for the boys. The children's sunglasses as well as some of the readers distributed were provided by The **Restoring Vision** organization as well as **The Lions Club**...Thanks!!!

A special thanks goes out to **Randy Sharp** who custom built a pair of glasses for a young boy with serious vision issue and we did not have a good fit in stock. Thanks!!!!

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 **Chris Morris** 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!!!

Another special THANKS to **Jim McKay** and the **Central Valley Chapter of the Flying Samaritans**. They helped us with the funding to purchase a much needed Lensometer and also loaned us a Spot Vision set of evaluation equipment. **Dr John Demshar** also made the generous donation of a Slit Lamp. The new equipment greatly improved our ability to accurately and quickly evaluate patients and help them with the appropriate optical solution.

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

Fresh Prospective

This month, our first "Fresh Prospective" piece comes from Dr. Eliot Drell



This was our first trip with the Flying Samaritans. Of course we were initially concerned with flying for hours on a small airplane, but those worries were quickly replaced as soon as we took off. We quickly wished all our commercial flights could be as smooth and comfortable as the flights to and from Los Pinos. The Medical clinic was simple, clean and small with three small exam rooms. The staff was extremely friendly, as were all the pilots. The clinic was surprisingly well stocked for a small volunteer clinic, with medications and particularly with antibiotics. Diane, the clinic nurse was very helpful and extremely efficient. The patients were friendly and appreciative. In addition we would be remiss if we did not compliment all the translators who were the best we have ever worked with and they truly facilitated the care and needs of the 53 patients we saw in the clinic that day. Following the clinic we all went to an excellent restaurant where we shared a Parmesan cheese pasta and shrimp dish that was made in a large round shell of an actual parmesan cheese wheel. It was outstanding.

We can absolutely recommend this activity for any physician or health provider who wishes to recall the unvarnished feeling of helping people in need... Why? ... Because you can. In short order we became "part of the family" and became immersed in a cohesive and friendly team that was dedicated to helping these hard working people of the Los Pinos community. It was good for the soul, and we highly recommend the experience.

-Dr. Eliot Drell

Fresh Prospective

This month, our second "Fresh Prospective" piece comes from Maria Gaspar



The Journey begins

Being able to give back to those less fortunate than ourselves is one of the most amazing and rewarding experiences. Upon my arrival to Los Pinos, I had no idea that this was one of many things I would discover on my trip. After descending from the air from a 4-hour plane ride, I anxiously looked out the window to an illuminated sun decorating the ocean and land in a way that almost reminded of back home. In fact, it wasn't until I stepped off the plane and was greeted by warm tropical climate and terminal personnel, which reminded me that I am in a new place and my journey was about to begin.

On Arrival

When we first arrived, I was invited to take a tour of the facilities. The volunteers were extremely hospitable and did an amazing job of keeping the facility as clean as possible and making sure all the medical tools are stored and clean for patients. In addition to the dedication and passion of the volunteers, it was apparent that despite their limited resources and donations, they are appreciative of everything they receive and make sure every bit is utilized. The

health facilities were small and held 1 table for patients to wait at. There was a small area for eye examinations which consisted of a few charts that hung in the distance. There were 4 areas for medical examinations and 2 of them combined 2 dental chairs that had functional defects and another small area for storage.

Sharing A Connection

After our tour, we then checked into our quaint hotel. However, after walking to my room, I started to realize that the hotel only seemed to hide the secret that was only understood once I decided to walk down near the ocean. Here, the beauty was not hidden in skyscrapers and in large hotels with bright lights, instead, the beauty was among the people and that natural oneness with communal environments. From the tiniest of seashells that are nuzzled gently on top of the sand, to the amazing sunsets that blanketed the ocean and sky with delicate oranges and purples that almost make you forget that surrounding this stretch of paradise was a harsh reality of impoverishment and strictly living off the land. The volunteers and I took a stroll on the beach where we met some locals and a man fishing with a net. This man was only wearing underwear and looked like he had been fishing most of the day. Despite this, he was very friendly and proud to share with us his basket of the catch of the day.

Afterwards we got some dinner and spent a little time getting to know some of the volunteers. I found out that many of them spend not only their time and energy, but also their own money. When you speak to these truly amazing individuals, you really start to understand that it's not about just giving something to someone, it's about the "golden rule" and providing others with basic care that most of us take for granted. After an invigorating conversation with the volunteers, we went back to the hotel to get some rest and prepare for the long day ahead of us at the clinic.

An amazing experience

The next day began with me assisting in the dental clinic. I quickly learned about all the needed tools and how to set up and clean after every patient. In fact, most of what I got to learn and do was very similar to a dental assistant. I quickly had to refresh my Spanish and assist with translations but was relieved when I met a local girl that also volunteered and helped me with translations. After speaking to many of the patients, I learned that many of the patients came from far away towns and even started lining up at 4 AM to get some of the assistance that was desperately needed. Sadly, most of our cases that came in were in such bad oral conditions that the only thing that could be done was an extraction of the infected or broken teeth. We tried to comfort the patients the best we could but with limited resources, this too was a struggle to do. One thing that is for certain is that with more knowledge and resources provided to the community, we can help make less invasive treatments possible.

Conclusion

Overall the beauty and gratitude from the local people was just heartwarming, even though I was exhausted, I wanted to keep helping them.

This experience was a treasure and I am grateful to be part of this eye-opening opportunity. My hope is that everyone gets a chance to experience what I did because it really taught me how even giving just a little bit, goes such a long way!

Expanding Orthotic Services



With our ever expanding array of services and growing needs of clients, every bit of space is needed!

The project will take a number of months and is planned to be a collaborative effort including members of the Flying Samaritans, the East Sacramento Rotary (who have assisted significantly in the past with premises and other challenging issues) as well as other participants, both local and from the U.S. as needed.

The space is approximately 30' X 15' and is in need of a new roof as well as flooring and a complete interior build out. Rick Wilson is putting together another detailed cost estimate that will be presented to Pinos Ranch representatives requesting assistance. A meeting was held in October with a representative of the Rodriguez Family and they are receptive but asked for the more detailed cost estimates.

Rick is working on the cost estimates with Victor Castro a local contractor that we work with who is also the husband of Cecilia, a long time volunteer. All resources are being evaluated as the need for assistance with this project is significant.

A special thanks to everyone who has assisted with this project to date. In particular Rick Wilson the project leader.

Thanks!!!! It will not happen without great teamwork!!!!



Upcoming Clinics 2019

The clinic dates for 2019 are now available! Mark your calendars now and be sure to sign up in advance to secure your spot!

Jan. 11-13

Feb. 8-10

March 8-10

Apr. 12-14

May 10-12

June 7-9

July 12-14

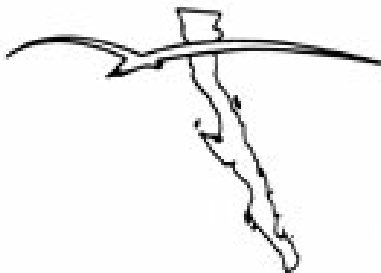
Aug. 9-11

Sept. 13-15

Oct. 11-13

Nov. 8-10

Dec. 13-15



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