



Flying Samaritans

Mother Lode Chapter

Clinic Report - April 2019

Primary Care Clinic

Took off to blue skies over Stockton, **Bob Amarel** from Yuba City brought **Bob Thompson** with him and picked up me and **Gwen Douglas**; **Chris Nelson** flew from Placerville to Livermore and picked up **Charlie** and **Mary Arita** and **Mona Chattha**, our dentists; **Dean McDavid** flew from Placerville with **Bill McDavid**, **Mariana Locke** and **John Messner**; **Julius Chiang** and **Selina Yang** flew from the Bay Area; and, **Evelyn Hahn** and her daughter **Sophia** flew from Davis.



We had a great tailwind all the way down the Valley at 13,500 feet and a ground speed of 245 mph in Bob's new plane. Now you know what I know about flying. I just get in and sit down, but I have picked up a few things. LOL

We had two medical providers Dr. McDavid and Mariana Locke (they have been doing this a loooooong time; we also had Bob Thompson, a physical therapist. We saw 44 patients and ended our clinic early at 330 pm, that is unusual!

We treated several children who had multiple teeth extractions, the sugary juices and soda are very popular and contribute mightily to rampant tooth decay. It isn't unusual for 5 or more

baby teeth to be extracted at a time. We gave antibiotics and pain medication for home care.

I had a really talented helper doing vital signs for me in the medical clinic and in keeping patients moving. Evelyn Hahn is a flight instructor from Davis. She also helped at our last clinic in March, this clinic she did it by herself. The clinic would not have succeeded without her. Cecelia, our registration clerk, just kept the patients coming. Cecelia lives in San Quintin and is one of our translators (one of many of her duties). We have several ladies who help us out on the Saturdays we are there.

Another very successful clinic, can't ask for better than that. Beautiful Sunday morning leaving Los Pinos to blue skies and bright sunshine. First stop Mexicali, then a seven minute flight to Calexico which is our Port of Entry to the US. From there we headed North with a headwind up the Valley to northern California and home.

Dianne VanOrder, RN

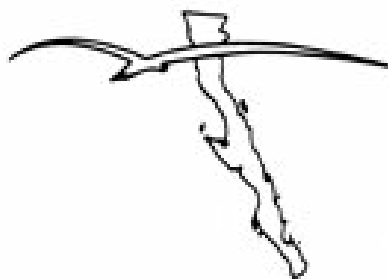
Thanks to our Sponsors! A SPECIAL THANKS to some of our many important program sponsors without whom The Flying Samaritans could not make the significant humanitarian impact delivered to those in need. Both monetary and non are essential to the operation of our clinic.

- Celeste Roseberry-Mckibbin with "Love, Talk, Read" generously donates children's books for each of the backpacks.
- Soroptimist 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, Bella Vista 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
- Nina Wright

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



Flying Samaritans®

SAMARITANOS VOLADORES

Backpacks for Baja

The April Clinic celebrated reaching over 3,792 "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 1,139; **Placer County Corrections Inmates** have made 723 and other helpers made 629!!!! **Cecilia**, with the assistance of **Imelda, Gwen Douglass, Chris** and several other local volunteers, distributed over 80 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 handmade handbags that include personal care items, sunglasses, and a special 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 50 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 2,300 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!!!

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

Optical Clinic

In April over 89 optical exams were completed before noon. 100% 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 **Angie, Lucy, Chris, Sophia Hahn, John Messner, Bob Amerel** 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 180 with the 95 exams referenced above completed using the Auto Refractor and/or Spot Vision. In addition we gave out 40 pairs of readers and 3 pairs of glasses ordered from months prior. We also distributed approximately 95 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 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!!!

Dental Clinic

The dental clinic in April was very busy as usual. **Cecelia** was there early in the morning to begin gathering the names of our patients. She also had cleaned and prepared the clinic ahead of our arrival. We had new volunteers at this month's clinic. **Dr. Mona Chattha** was the day's pedodontist treating all of our young patients. Dr. Mona has a private practice in Morgan Hill, CA as well as working in an office treating mainly children covered under MediCal. Her calming, maternal chairside presence



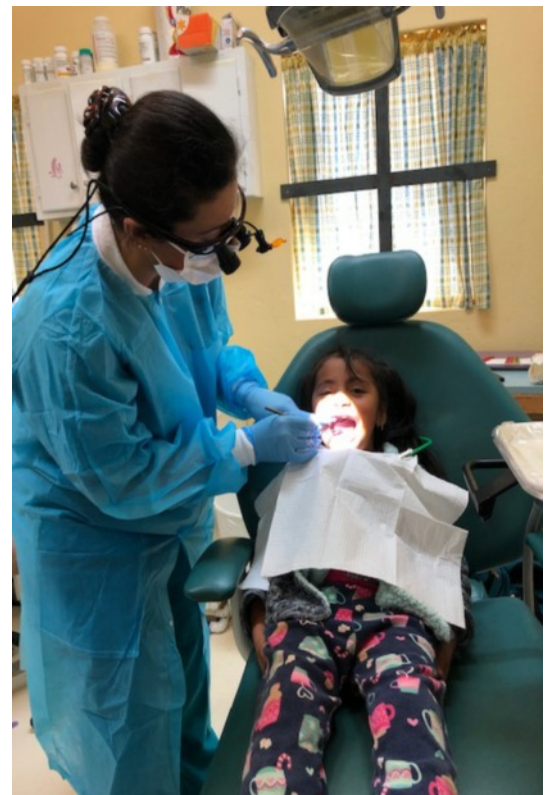
helped to get these patients as young as 3 years old through the necessary treatment. There were a couple children that were so afraid that with the help of **Dr. Bill McDavid** were able to be sedated for treatment. Without Dr. Bill, these patients would not have been treatable. Dr. Mona was assisted by **Dean McDavid**. With his help, they were able to maximize the number of children seen this month. Our local helper **Minerva** has great rapport with the patients. She is always a tremendous help to me for translation as well as comforting my apprehensive patients. **Selena Yang** is our pre-dental college student from UC Davis. She will be applying to dental schools for next year. Selena assisted me in many extractions, fillings and 4 root canals. She was a fast learner

and was able to anticipate the steps of the procedures to allow for greater efficiency. Thanks to Selena, this was one of my most productive day at the clinic. We will anxiously await to hear which dental school she will be attending next year. We had two other volunteers that did a little of everything for us to keep us running smoothly. **Julius Chiang** and **Sophia Hahn** assisted and helped in preparing patients, instruments and sterilization. DJ Julius also kept the clinic filled with music to provide a pleasant distraction to the patients. Last but not least, **Mary Arita** was critical to the success of our clinic. She worked with our volunteers, maintained organization of the supplies and instruments, assisted when needed and kept both doctors productive and happy. A special thank you goes to **Rich** from the Tucson chapter in repairing one of our dental units. This was a huge help to allow us to see more patients. THANK YOU to all our dental volunteers. We helped so many people this weekend. While I was exhausted at the end of the day, I can say without hesitation, we did a lot of good today.

In the near future, Mary and I will return to reorganize the clinic to be more user friendly and simplified to allow new groups of volunteers to work in the clinic more efficiently. We identified some areas that we will work to improve. I am hopeful that our volunteers will return one day to our clinic. Our goal is to have a dental clinic almost every month. This will allow for more patients to be treated and to be able to provide follow up if necessary.

Until next time wheels up!

-Charlie Arita



A Special Thanks

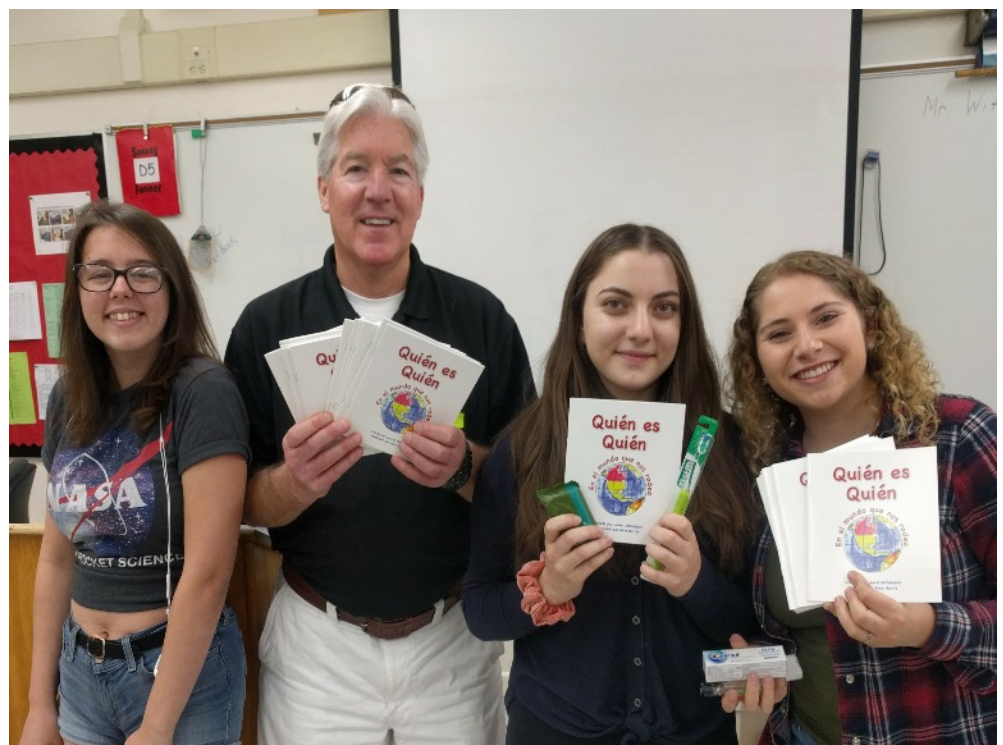


In April the **Bella Vista High School Rotary Interact Team**, with guidance from **Alice** and **Fred Rowe** organized and executed their first Flying Samaritans "Backpacks For Baja" supply drive.

The team gathered over 1,500 items including the clinic special gifts/toys, sunglasses, important sundries such as tooth brushes and toothpaste as well as school supplies and first aid kits.

They were rewarded with a pizza lunch and individual gifts and of course a heartfelt THANK YOU on behalf of those in need in rural Baja by Chris.

Thanks again to all that contributed to this successful event!!!!



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 put together a detailed plan that was presented to Pinos Ranch representatives requesting assistance. A meeting was held in January with a member of the Rodriguez Family/Pinos Ranch and he agreed to replace the roof and begin work on the cement floor. This work will begin in May or June, weather permitting.

Rick has completed cost estimates with the help of 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 and the East Sacramento Rotary who are assisting with funding the project.

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



Jamaica Dental Mission Trip

One of our dental team members, Ashley Lau, is currently attending dental school at Midwestern University, and has a great opportunity for Flying Sams members interested in attending a dental mission in Jamaica she is organizing! More details below:

"I am asking for your help in making an announcement and to spread the word amongst fellow Flying Sams regarding a Jamaica Dental Mission trip I'm currently organizing. I am looking for your help in recruiting 2 supervising dentists and 2 support staffs persons. If you have any colleagues whom you feel would be willing to dedicate and volunteer with us, please let me know and provide them with my contact information alau27@midwestern.edu or mobile at 925.984.3312.

If you could kindly let me know of your interest or persons of recommendations within the next two week, I would greatly appreciate it! I've listed some facts below for your convenience. I looking forward to hearing from you!"

Quick Facts

- August 31 to September 8 flying into MBJ Airport
- All-inclusive stay at Sandals Intl' Resort in Montego Bay, Jamaica
- \$875 project fee (transportation, lodging, food, drinks, hotel entertainment included)
- Supervised group will consist of 21 dental students
- through Great Shape! Inc. Volunteer Organization

-Ashley Lau