



Flying Samaritans

# Mother Lode Chapter

Clinic Report - September 2019

## Primary Care Clinic

Fall is in the air, cool and windy, **Chris Nelson** took off from Placerville with **Dianne VanOrder** and **Mariana Locke** to blue cloudless skies; **Sunny Sethi** flew from Tracy with his son **Montek** to San Jose and picked up our dentists for the clinic **Charlie Arita** and **Monpreet Chattha**; and **Doug Wirzberger** flew from Stockton with **Jasper Ramos**, **Leslie Randall** and **Selina Yang**. We were supposed to have another plane but it was having mechanical work done and was not available.



The stop in Mexicali was hot, of course, but Los Pinos was 75 degrees, 65% humidity and it was windy. The humidity made it feel much warmer and stickier, than usual.

We had only Mariana, our nurse practitioner, and only medical provider (she has been coming to our clinics for many, many years), but we also had a "newby" Jasper Ramos a Navy Corpsman (Naval Reserve) who gave us a really extra boost in the medical clinic. It was his first clinic and it was like he had been there multiple times. We saw 53 patients, adults and children.

OLIVER: He is going to be 4 in February. His grandma brought him in with a complaint of diarrhea. Apparently, at day care he had seen that some other child had not finished his bowl of cereal, so he finished it. It, of course, had milk in it!! He is allergic to cow's milk, hence the diarrhea. Hungry boy = cereal with milk = diarrhea. Mariana gave him Pedialyte and we will follow up next month. He should be just fine. It is such a joy to see him grow, after the poor start that he had.

Planes took off Sunday early in the morning, to miss the heat in Mexicali and we all arrived safely into Northern California.

**-Dianne VanOrder**

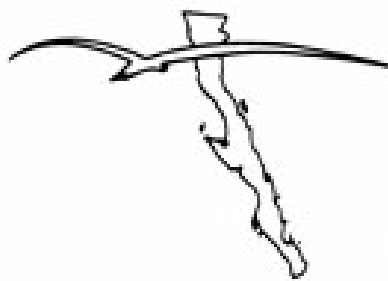
**Thanks to our Sponsors!** A SPECIAL THANKS to some of our many important program sponsors without whom The Flying Samaritans could not make the significant humanitarian impact delivered to those in need. Both monetary and non are essential to the operation of our clinic.

- 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
- Nicholas and Carmen Soberanis
- Dennis and Carol Anne Venturelli
- Dennis Metzler

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 September Clinic celebrated reaching over 4217 "Backpacks For Baja" distributed to those in need since the program began in 2014!!! **Linda**



**Dozens of families lined up to receive donated backpacks, clothing, school supplies and other donated items**

**Nelson** has made 2,475, **Cheri Throckmorton** and the **Rolling Hills Church** team have made 1,250, **Placer County Corrections Inmates** have made 723 and other helpers made 640!!!!

**Cecilia**, with the assistance of **Imelda, Chris** and several other local volunteers, distributed over 110 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 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 2,450 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 September over 100 optical exams were completed before noon. 98% 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. patients were assisted by **Angie, Lucy, 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. **Joe Zachwieja** managed the exam process including utilizing an Auto Refractor as well as having assistance from other local volunteers on the 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 150 with the 100 plus exams referenced above completed using the Auto Refractor and/or Spot Vision. In addition we gave out 49 pairs of readers and 2 pairs of glasses ordered from months prior. We also distributed approximately 150 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!!!

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!!!

-Chris



# Dental Clinic

After touching down in Los Pinos, we arrived at the clinic to set up for the next day. **Cecelia** had done a great job in cleaning the clinic which is so appreciated. Our first time hygienist **Leslie Randall** was given the grand tour of the clinic. We are so happy to have Leslie join our dental team. A hygienist is an asset to insure that a number of the waiting patients will receive teeth cleanings, with fluoride and sealants for kids. Our returning dentist **Dr. Mona Chattha** was our resident pedodontist. Mona treated all the children that were seen on this day. Her wonderful rapport with the kids provides a positive experience that will hopefully bring them back to the clinic for annual cleanings and fluoride. Sadly we saw a 2 1/2



**Dr. Mona Chattha (L) and Selena Yang treating a patient in the ever busy dental clinic**

year old girl with rampant decay on all her teeth. This likely started from sweet drinks placed in her baby bottle and continues with sugary drinks. Education about tooth decay for new mothers as well as parents of all kids is crucial to decreasing the amount of tooth decay in these children. Annual fluoride placement and sealants on permanent molars will help to preserve the teeth. One goal is to place sealants on every permanent molar on every kid that shows up at the clinic. The logistics need to be worked out but it is my goal to designate one to two clinics a year to placing these sealants. This can be possible when we have a full dental team. **Selena Yang** returned this trip as our chairside assistant. Selena is currently preparing for interviews as she applies to dental school. We are all very excited to learn where she will be going to school next year. Selena has a good working knowledge of the dentistry that we can provide at our clinic. We look forward to her joining us in about 4 1/2 years as a dentist. **Montek Sethi** was our "gopher" He helped in all areas of the clinic and managed the sterilization area. Along with his dad Sunny, they helped to keep the flow of the clinic running smoothly. Our local helper **Minerva** was pulling double duty this time as she was my assistant as well as translator for Dr. Mona and Leslie when needed. We so appreciate her time and efforts each month.

One of our struggles at the clinic has been the inconsistent functioning of our dental equipment. I am happy to report with the fundraising efforts of **Raffy Rodriguez** and **Dr. Elizabeth Berris** and **Chris Nelson**, we have purchased new hand pieces and 2 new dental units. Once installed, we can be more efficient without the stress of equipment malfunction. We will be adding another unit soon and we are currently working on having x-ray capability in the very near future. THANK YOU RAFFY, ELIZABETH and CHRIS to make this happen. We continue to work to have a clinic that can allow us to provide the best care to as many patients as possible. The dental clinics for October and November are full. If anyone would like to go in December please let me know. As we have more dental clinics per year, we will be developing guidelines to insure that each clinic is supplied and organized each month.

Thank you to all that helped make the September clinic a success!

**-Charlie Arita**



**Leslie Randall performing preventative dental work**

# A Fresh Perspective



**Jasper Ramos was a huge help in the medical clinic!**

Growing up in the Philippines, I actually found myself at the other end of volunteer organization like the Flying Samaritans. I was a sickly kid, and deathly afraid of the hospital. In my young mind, loved ones go there, and some of them didn't return. I specifically remember receiving a vaccination from volunteers, and my mom explaining to me that the shots would prevent me from future hospital visits. I was in awe, and thought that these people were angels casting their protection over us. The six-year old mind goes to strange and wonderful places. While I have grown up since then, I still keep the notion that organizations like these are made up of angels in human form.

The journey started on the morning of Friday the 13th of September, even before the sun rose. All superstitions aside, it was a beautiful warm day, that got even warmer as we headed to Sacramento to pick up Selena and Leslie and then head further south. Everything went fairly smoothly, and DougAir was very accommodating. I was surprised that I could feel the effects of the altitude and thin air already at about 10,500 ft, but the view from this high up is hard to beat. The trip

lasted about 4 hours, and after checking in to the hotel, was treated to some of the best tasting street tacos I've ever had, and the beach lit up by the full moon only added to the experience.

The clinic operations actually bear a lot of similarities to Innovative Readiness Training (IRT) that the military performs in order to upkeep deployment readiness, but at the same time provide no-cost healthcare to communities in need of the US. Often times in IRTs though, there is a bit of a learning curve, having to adjust to different branches in the military and get a feel for how clinic will go. The Flying Samaritans had a different vibe to it. They are such a tight-knit group of people, that everything performed like a well-oiled machine from the get-go. I was really impressed by the versatility, dedication and motivation displayed throughout the clinic. Mariana and Diane, in particular, were so busy and efficient it was hard to keep up!

This was truly one of the most rewarding and beautiful experience in my life. The locals' warmth and gratitude were a testament to the good work you guys do and I'm proud to have an opportunity to be a part of it. I look forward to future endeavors with The Flying Samaritans.

**-Jasper Ramos**



**After a great clinic, Selena, Jasper and Leslie (left to right) pose for a quick photo before lifting off for the return trip to USA.**

# 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 June with a member of the Rodriquez Family/Pinos Ranch and he agreed to replace the roof and begin work on the cement floor. This work will begin in July, 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!!!!

