



CAMO

A different kind of aid organization



Spring 2013 • Volume 21 • Issue 1

CAMO is a non-profit, faith-based organization.

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CAMO

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A Letter of Reflection, from CAMO Founder

The arrival of our 20 year anniversary has caused me to pause, look back for a moment, and reflect. Over 30 years ago, as a Peace Corps Nurse, I witnessed many things which ended in death. Leaving my Peace Corps service I sat frustrated and defeated and I decided never to return.

But once I returned to the states, I was haunted nightly by recurring dreams of the hospital and patients. In 1989 it was clear there were unresolved issues which I needed to face. So I returned to Honduras, only to find that conditions had become worse. Disheartened and brought to my knees, I begged God, "No, not me." But he had other plans. And a few years later, I set off with just a single duffle bag of donations to start what would become Central American Medical Outreach.

For 20 years I have not looked back, just forward. No matter the challenges that lay before me, I pushed on. Year after year the spirit grew until it was no longer the work of a single soldier but an army of people with weapons much greater than any known. These people, driven by the passion of their professions, developed counterpart relationships with Honduran professionals, and

became friends helping one another to serve. CAMO grew from one program, two, three, and then four into the 17 year-round programs we have today. Eventually the community leaders showed interest in becoming involved. First we reformed the trade school, then the public daycare and abandoned community gym. In 2010 we completed the largest women's shelter in Central America. So the army grew; not with guns, bombs or intimidation, but with education, kindness, passion, hard work and hope for the future.

A single duffle bag has grown into a warehouse of assistance. Every day people are receiving services which they would otherwise never dream of having. **Today there is hope.**

**I am deeply moved by the volunteers
and supporters who have built our army
of education, passion and the belief of
a better future.**

Thank You!
In Service,
Kathryn Tschiegg



Trailers to Honduras

Adjusting To Changes

The paperwork had been delayed, our shelves in Honduras were empty and there was only four weeks left before the first week of teams arrived in Honduras. And three containers sat waiting in Ohio, filled with supplies and equipment to support our programs, project and teams: supplies to continue construction of the Public Health Center; finish the water project in the hospital; enable surgeries; support dental, eye, prosthetic, maternity, respiratory care (etc.) from the teams; and much more! By the time the paperwork came through a new year had arrived, bringing new rules and weights. So what was originally three trailers, had to be repacked onto five. It seemed an impossible task.

But CAMO is blessed to have an amazing group of volunteers and staff.

USA Volunteers worked tirelessly, braving below zero weather, to off-load and reload supplies and equipment in Ohio. But the containers arrived in Santa Rosa with three days left until the teams arrived. The Honduran staff and volunteers then faced the challenge of unloading, organizing and setting up in preparation for the teams, with only 72 hours to do it. They worked far into the night so that on February 16th the teams arrived to everything in its right place.

Thanks to everyone who has helped us by donating supplies, time or financial support, continually enabling our warehouses to be full of life-saving supplies and equipment.



The shelves in Honduras sat empty as they waited for the arrival of five full containers.



CAMO USA: Volunteers worked through the snow redistributing and repacking the trailers!



CAMO HONDURAS:

(Above) Volunteers worked through the night making sure everything was unpacked in time for the teams.

(Left) CAMO Honduras, after the arrival of containers.

To learn more about CAMO 'Teams' visit www.camo.org/programs

February Teams

We are incredibly grateful for our team members who donate their time and talents to making each year a success!

Speciality	Services Provided	Value of Services
Audiometry/EMT	Equipment repair, maintenance & training	\$3,400.00
Dental Clinic	607 patient exams: prevention, fillings & extractions	\$154,985.00
Dental Equipment	Dental equipment repair	\$2,637.50
Eye Clinic	267 medical eye exams, 90 eye glasses distributed	\$29,990.00
Eye Screening	Trained 150 teachers on eye screening their students; Screened 650 children	\$23,487.50
Eye Surgery	Surgeries	\$55,150.00
Marketing	Professional photos, videos & marketing plan	\$6,720.00
Plastic Surgery	96 Consults & 27 Surgeries	\$79,979.00
Prosthetic	CEU of Prosthetic Technologist, evaluations & fabrications	\$3,000.00
QuickBooks	QuickBooks training	\$2,090.85
Biomedical	Medical equipment repair & preventative maintenance	\$13,750.00
Urology	33 consults & 15 surgeries	\$23,400.00
Nutritionist	Teaching	\$14,000.00
OB/GYN	Teaching & training	\$13,200.00
Respiratory Therapy	Teaching	\$7,200.00
Trauma	Worked with ER staff in triage development	\$14,400.00
Daycare	Assisted teacher with development of children	\$2,000.00
Pathology Lab	Training & Quality Control of Pathology Lab	\$21,375.00
Electrical	Preliminary work on electrical plan for Public Health building	\$2,737.50
Total Value of Services		\$473,502.35

Mountain Dew Mouth

By Myriam Raber:

Having spent six years as a volunteer dentist in Haiti, I very much enjoyed spending a week in Honduras with CAMO. If it were not for the Spanish language signs and the color of the people, many of the photos I took could be mistaken as Haiti.

However, the dental needs of Hondurans are greater than those of the average Haitian. I would compare the dental destruction in Honduras to what in the United States is called "Mountain Dew" mouth. The younger generations have abandoned traditional diets and snacks for poor quality food and drinks. While dentists make a difference for those who are able to get treatment, there is no way to 'drill and fill' out of the problems I witnessed. The teeth God gives people are supposed to last a lifetime; but anything a dentist does is second best and will fail unless habits are modified.



Myriam Raber, member of the dental team, was surprised by the dental destruction in Honduran youth which is often termed 'Mountain Dew mouth' in the US.

Eye Screenings

By **Linda Pratt:**

Americans exchange over two billion Christmas cards per year, with an average of 18 cards per household! And the majority gets thrown away after the holiday season... Thanks to 'Bridges Rehabilitation Services' thousands of Christmas cards were repurposed this year: to help with eye screenings in Honduras.

Volunteering as an interpreter for CAMO is always a learning experience. Every year I learn so much! And it is not just new words that I need to learn to say in Spanish. I always learn wonderful things about the people and culture of western Honduras.

One of CAMO's primary functions is teaching and this year I helped with a new program training teachers how to screen their students for vision problems. Our days started at 7AM as our team of 5 volunteers headed to the first school of the day. We met with the teachers for two hours while students played quite noisily just outside the open windows. No substitute teachers or planned assembly for teachers' meetings! At the end of the two hour training we supervised the teachers as they practiced screening their students. For almost all the teachers this was a new experience, and the concept of a mass screening, something we are quite familiar with here in the US, was unfamiliar to many of them. Many of them asked us, "So what happens if we find a problem? Our students' families are too poor to pay for a doctor or for glasses." While the CAMO teams were in town we were able to refer students to the "brigada de ojos", or the eye team. But the work does not stop when CAMO teams leave Honduras. One of the



Teachers from local schools were taught how to screen their students for vision problems.

local ophthalmologists has agreed to work with CAMO to provide eye care at a discount, and CAMO offices in Santa Rosa are always open to help those most in need find the necessary resources.

On Friday, our last day of training, we traveled to a small school just outside Santa Rosa. Waiting for us were the school's four teachers. They asked if their student helpers, four girls ages 10-12, could attend the training. "Of course," replied Dr. Anabis Vera Gonzales, a long-time CAMO volunteer. "I never turn away anyone who wants to learn." Watching those girls sit with their teachers and learn how they could be of service to other students in their school was a humbling experience. They proved to be excellent students and I am sure that their teachers are glad to have the additional help as they continue screening their students.

Constant Development

By **Claudia Caballero, CAMO-USA Operations Manager**

Last year we taught colostomy. One of the petitions from the nurses was to create kits to have in each ward so that they could put in practice with their patients the techniques they had learned with us. This year in February I successfully delivered the colostomy kits to the mens surgery and medicine wards, the women's surgery and medicine ward, the pediatric ward and the external consult clinic. These kits were packed with all the creams, powders, pastes, dressings, sprays, etc that would help them make their patients more comfortable and help heal wounds faster. Speaking to head nurses, they expressed their interest in a follow up colostomy class and a more in depth class for wound care. Because of climate conditions and ward situations, wounds can take long to heal...humidity, sometimes two people per bed, not enough water for washing and cleaning wounds, not enough water to drink, and malnourishment are very strong setbacks in patient recovery; and there are not enough nurses to go around and change dressings every time it's needed.

Our water project will ultimately fix all water related issues. And CAMO receives donations of wound care supplies from hospitals, clinics, hospice, individual people,



US Operations Manager, Claudia communicates with hospital nurses and staff about their needs. Each trip to Honduras she witnesses development in relationships and education.

etc. which are sorted in the U.S. by our nurses, packed and taken to Honduras to help with wound care.

The nurses look forward to our classes in October. We are working on colostomy and wound care booklets in Spanish to supply the nurses so they can do their job of making sure the patient is as comfortable as possible.

I am continually impressed by the relationship that is in constant development between our volunteers in the United States and their counterparts in Honduras.

Making a Difference

By Lil Kinder:

This was my first trip with CAMO. On Sunday, our first day, we triaged over 80 people wanting to be considered for a medical intervention. For me, it was completely stunning to see such need and to know they could not all have surgery. What I did witness that day was the ability to help, teach, and direct those people who, for one reason or another, were not surgical candidates. They did not leave seeming pushed aside; rather, some were given aids to help their infants with feeding until they were older and better surgical candidates. Some were taught why a surgery was not an answer. And some were referred to a better fitted service.

Over thirty patients did receive a surgical intervention. One little girl left the hospital on her eighth birthday after having her second surgery with CAMO, an answer to prayer for her birthday gift.

Another child finally received a needed surgery after experiencing roadblocks with eye issues and blood work results. When he entered the consult room on Sunday, the child said nothing but his father reached into his back pocket to attempt to give us money to win favor for his son's surgery. Our translator assured him to put his money away, we were amigos, and if we could help we would. On one of our daily visits to the children's ward, a young boy was having a burn dressed. His whole arm had been burned, and during that wound dressing only one tear slipped out of the corner of his eye. He was no more than five years old.

I met amazing people, both native Hondurans and "foreigners" like myself, just reaching through the chaos, trying to make a difference.

Little Lex was born without one of her ears. Having had the first stage of her surgery the year before, Lex returned this year hoping to get her second surgery (and an ear). Sunday Dr. Camp told Lex they could do her surgery that Wednesday and the little girl began giggling. Dr. Anabis asked her, "Lex, what is so funny?" And she replied, "All weekend I was praying I would get my new ear for my birthday. And this Thursday is my birthday!"

After her surgery, the plastics team bought a big chocolate cake to celebrate. Lex told them that she wanted this ear done because she wants to be a plastic surgeon when she grows up, and she would need an ear to put her protective eyewear on!

Biomedical

By Allen Dicks:

For the first time in CAMO history we are able to respond daily to equipment needs. We have also started a program of preventive maintenance of the medical equipment. This is thanks to a new member of the CAMO team, biomedical engineer **German**.

My first trip to Honduras was in February of 1994. For years, a group of others and myself have struggled to do all the repair and installation of equipment that CAMO has shipped to Honduras. Performing preventive maintenance was a dream I hoped to realize someday.

This past year, German Barcenas joined us at CAMO. German is one of only a few biomedical engineers in the whole country of Honduras. For those that don't know him, he's perfect for CAMO. He's bilingual, so he can read our tech manuals and talk with tech support from various manufactures. He's also from Santa Rosa, growing up in a family of doctors.

CAMO always emphasizes that we want the programs in Honduras to be self-sustaining, not dependent on us (the team members). I feel very confident in German's ability to represent CAMO in a professional manner and meet the needs of the medical community. With him working in Honduras, I don't have to guess what parts are needed in CAMO Honduras, or wonder what surprises are waiting for me in Honduras. I also have the opportunity to start a preventive maintenance program in Santa Rosa.



This young lady (shown in photo) was one of the first patients of the Plastic Surgery team back in the 90's! And this year her little brother (in her arms) was blessed to receive a surgery from the team as well.



German, CAMO's Biomedical Engineer in Honduras works to repair donated equipment.



Team Members: Week 1



The Plastic Surgery Team



Dr. Romero gives training in OBGYN.

February Teams



QuickBooks training with **Patti Wood**.



Scott Pycraft examining a patient.



Melissa Beard, training teachers on screening their students for vision problems.



Mark Gorman working with 2 new techs for the prosthetic lab as they evaluate a patient.



Remember this little guy from last springs cover story - **Emilson Cruz!**



Steve Wood and fire chief of Santa Rosa. Steve trains the firemen and paramedics.



Joe & Deb Marino (nutrition team) making rounds talking to patients in the hospital wards.



Dr. Paul Crowley preparing for surgery.



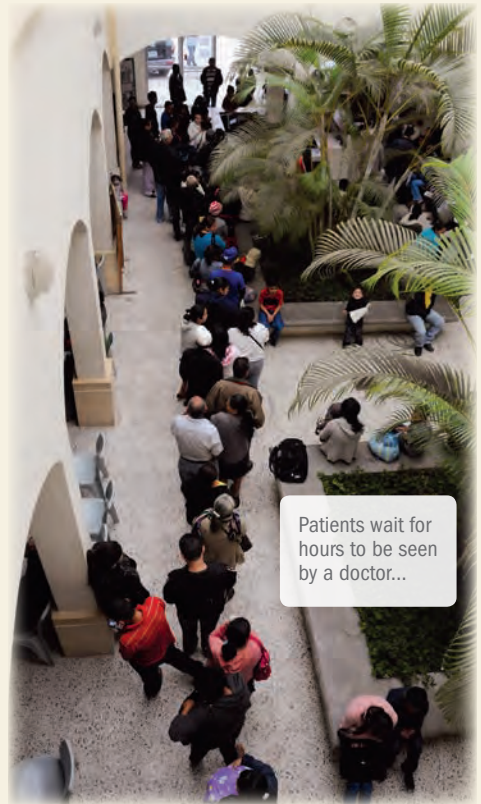
New **Operation Rooms** are being constructed at the public hospital.



Water Project: the new well (thanks to Rotary International) at the public hospital



Arun Masih working with INSSA employee **Flor** in our pathology laboratory. She is one of only nine certified histotechnologists in Honduras.



Patients wait for hours to be seen by a doctor...



Team Members: Week 2

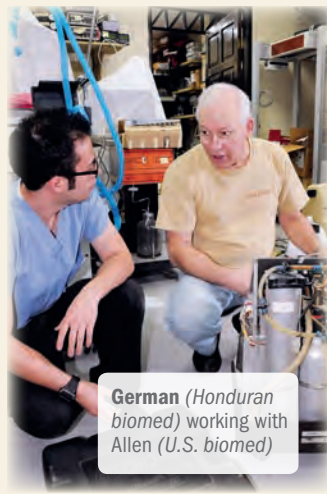


Dr. Lazcano working with doctors in the hospital's ER.

Thank you for all your hard work!



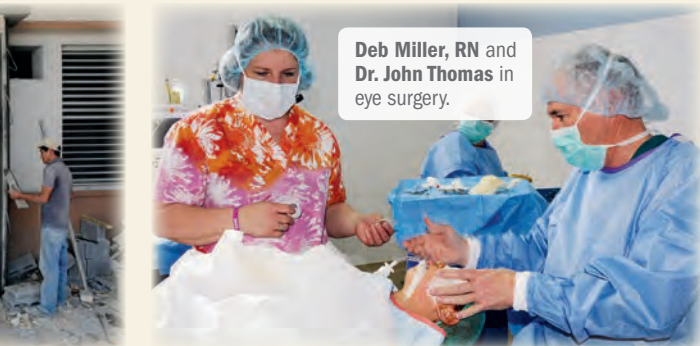
Plastic Surgery: Sharon Stern, Katie Simmons & Linda Camp



German (Honduran biomed) working with **Allen** (U.S. biomed)



Robyn McClintock at the CAMO supported daycare.



Deb Miller, RN and **Dr. John Thomas** in eye surgery.



Dental Team



Training hospital staff in respiratory therapy.

Public Health Center

By Claudia Caballero, CAMO-USA Operations Manager

CAMO prides itself in follow up. One of my favorite activities being Operations Manager at CAMO is going back and forth from Santa Rosa, Honduras and the U.S., and getting to see the changes happening (slowly but surely).

One of CAMO's current projects is the Public Health Center. It started as a rumor last spring: we were thinking of remodeling the biggest public health clinic in the region. But a few weeks later I heard conversations; drawings were made, plans made and then construction began...

Now there are always obstacles in life (people always say that) and Kathy is one to know that from personal experience. As we were on our way with the public health project, lo and behold a local organized group wanted CAMO to give them the money so they could manage the project, for their own corrupt benefit. A strong media campaign began against us, but an even stronger social campaign defended us. The President of the local bank walked from his office at the corner of the park to a park podium, and declared that he supported CAMO until the end. He knew how hard it was to find an organization that actually aided the community in a sustainable way...it's not something you find every day.

In May of 2012 we received the call from a clinic in Rhode Island that wanted to donate all the equipment from their public health clinic. At the end of July Cooper (CAMO volunteer driver) and I drove 12 hours east to pick up the donation. In October when I accompanied the October Teams to Honduras the Public Health Center was walled off with tin panels; the demolition had started. The roof was taken off: 12 inches of concrete chiseled and moved by hand.

Every time I go back, there is significant progress, regardless of the obstacles that are faced. Although there are setbacks, with an additionally \$250,000 still needing raised, we're planning on finishing this project in 2014. Providing service to approximately 200 patients a day!

Did you know by having at least one ultrasound in the 18 to 20 week of pregnancy you can identify high risk pregnancies, and thus take proper measures? An ultrasounds costs 5 dollars and is just one of the many services this Public Health Center provides.



Thank you McClintock Electric for continued support in the acquisition of electrical supplies for this facility. This February two McClintock employees travelled to Honduras to evaluate what supplies would be needed for this construction project.



The roof of the building was taken off by hand: over 12 inches of concrete



Construction has begun on the Public Health Center and is expected to be done in 2014

Community support groups and local companies in Honduras have continually supported this project through raising funds. The support group raised \$900 one week through tortilla sales and 'yard sales' of used clothing. These fundraisers are being done weekly to raise money for the Public Health Center construction.

Special thanks to two engineers, **Lewis Hinkle** and **Bob Horn**, who have donated their time and talents towards this rebuild. Their combined expertise is providing CAMO with detailed engineering that will make the Public Health Center a structure that will be 'state of the art' for Western Honduras.

Below is a list of individuals and organization responsible for making this project a reality!

- Comité de apoyo pro-mejoramiento Centro de Salud Vicente Fernandez
- Arq. Nelson Suazo
- Ing. Wilson Lara
- Ing. Jaime Rivera
- Ing. Jahzeel Valenzuela
- Coffee Corp.
- Beneficio Santa Rosa
- Honduran Quality Coffee
- Banco de Occidente
- Municipalidad de Santa Rosa de Copan
- Municipalidad de Corquín, Copan
- Municipalidad de Veracruz, Copan
- Municipalidad de Dulce Nombre, Copan
- Municipalidad de La Nueva Arcadia, Copan
- Municipalidad de Cucuyagua, Copan
- Municipalidad de Unión, Copan
- Centro Universitario Regional de Occidente
- Western International School

Advancements in ER and its Impact on Life:

This past year, 3 patients died of heart attacks while waiting in the public hospital's ER waiting room.

For years, a proper triage system has not been implemented, resulting in fatalities such as these. But thanks to persistent training and U.S. visit, a new system will prevent these tragedies from happening in the future.

Dr. Tony Lazcano is part of the February teams. He began coming to Honduras after a new American style ER was built at the public hospital:

"Because it was such a strange concept, I was asked to come and set up the system for taking care of patients. The system that we use in the United States is so different from the Honduran system of Emergency Medicine. I kept harping on certain things but they didn't really understand. It was like teaching baseball to someone who has never watched a single game. So one of the things that Kathy did was bring the head of the hospital and the head of the emergency room up to Aultman Hospital where I work, and she was able to show them how the system worked. And it was like a light going off; all the things I'd said, suddenly made sense to them because they were actually seeing it in progress. Now, they've been one of my strongest champions, because they understand what we're trying to do."



Dr. Lazcano working with doctors in the ER

Water Project

At the public hospital, patients can't drink water from the faucets because of contamination... There isn't even enough clean water for nurses to wash their hands or provide proper patient care. Many patients go thirsty...

CAMO's water project in the public hospital of Santa Rosa will provide clean water to over a thousand patients that

are served every day. The final supplies for this project have arrived in Honduras as the project's construction and upgrades continue. Upon receiving matching funds promised from Rotary International the project will be completed within two months! The project includes a completely new water system (and fixtures) ensuring proper quality and quantity.

The REAL Awards

The inaugural class of REAL Award winners was honored April 11th in Washington, DC for their extraordinary service in healthcare. The presentation, which took place on Capitol Hill, featured Senator Lindsey Graham of South Carolina and Ambassador Jimmy Kolker, Principal Deputy Assistant Secretary for Global Affairs at the U.S. Department of Health and Human Services.

Kathy Tschiegg was among the recipients honored.

The awards presentation coincides with the first-ever World Health Worker Week, a week dedicated to recognizing the crucial role of health workers and mobilizing communities, partners and policymakers in support of these exceptional men and women all across the globe.

By some estimates, the world is short more than 5 million health workers, including one million frontline health workers. In the developing world, where well-equipped doctors and hospitals are scarce, frontline health workers are the first and often only point of contact to the health care system for millions of people.

The REAL Awards, created by Save the Children in partnership with the Frontline Health Workers Coalition, is a first-of-its-kind global awards program designed to develop greater respect and appreciation for health workers and the lifesaving care they provide globally, as well as in the United States. The REAL Awards is made possible by the support of presenting sponsors Medtronic Foundation, Merck Foundation, and Masimo Foundation for Ethics, Innovation and Competition in Healthcare.



8th Annual Golf Scramble

Saturday, June 22 • The Pines Golf Club

1319 N. Millborne Rd • Orrville, OH • 330-684-1414

Four Person Scramble:

\$75 per golfer

Registration 7:00 a.m.

(breakfast included)

Shot Gun Start 8:00 a.m.

(lunch & awards upon completion)

Entry Fee Includes:

- Continental Breakfast
- 18 Holes of Golf with Cart
- Driving Range Balls
- Gift Bag
- Hole-In-One Contest
- Scramble & Proximity Awards
- Lunch

Sign up today! Visit www.CAMO.org to learn more

Registration Information

Company/Team Name: _____

Contact Name: _____

Address: _____

Phone: _____

Fax: _____

Email: _____

Amount Enclosed: _____

Check Number: _____

To pay by credit card, please visit our Orrville office.

Player's Names

Player 1: _____

Player 2: _____

Player 3: _____

Player 4: _____

Sponsors Needed

☐ \$500 Lunch ☐ \$150 Golf Cart ☐ \$150 Putting Contest ☐ \$100 Hole ☐ \$100 Proximity Awards

Mail this portion to CAMO: 322 Westwood Ave, Orrville, OH 44667 **or** visit www.CAMO.org for more info



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Upcoming Events



- May 19th** **20th Anniversary "Taste of Culture:"**
Come celebrate 20 years of service with us!
- June 22nd** **8th Annual Golf Scramble:**
Get your teams together & register!
- August 17** **5th Annual Salsa Sizzle:**
Save the Date! Food, dancing,
celebrity bartending & more!

Visit our website www.camo.org for more information

When you are done with this issue, please pass it along
to someone you know who may be interested in our mission.

End of School Year:
throwing away your old
school supplies?
Donate them to CAMO.
We serve local schools
and daycares who are in
need of these items!

CAMO is accredited by the
Better Business Bureau and
meets all 21 standards.

