



CAMO

A different kind of aid organization



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CAMO is a non-profit, faith-based organization

Bringing Hope to the Forgotten

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Violence Cost a Mother Her Legs

CAMO sees poor and disadvantaged people with immediate needs every day, but this heart-wrenching story is nothing short of shocking.

On April 4, 30-year-old Heidi was assaulted violently by her husband. Just before the attack, he promised her he had changed. He claimed he had become a different man - a Christian. Heidi had witnessed the cycle of abuse for 8 violent years: abuse followed by promises that it would never happen again, followed by more abuse. The cycle repeated over and over. But on April 4, Heidi suffered the unthinkable. During the assault, her husband cut off both of Heidi's legs below the knee. Their 3 children (ages five, six and seven) witnessed the attack. Thankfully, today, Heidi is medically stable.

"I will continue to move forward for the sake of my children," she stated in an interview. Heidi's story involves more than just medical stabil-

ity, however. Her husband is the family's sole source of income, and to these needs CAMO is responding.

CAMO is offering to transfer Heidi and her children to the Domestic Violence Women's Shelter in Santa Rosa so they all can receive psychological treatment. Heidi will also be able to take advantage of physical rehabilitation and she will be able to receive prosthetic limbs. Without CAMO, Heidi would be forced to try and recover on her own - without legs. But thanks to donations that provide services and keep the shelter available, CAMO can meet Heidi's needs in a way no other organization can.

Be a part of Heidi's healing and support CAMO's "Salsa Sizzle" fundraising effort to help other victims of domestic violence. Read more on page 11...



Heidi will be transferred to CAMO's women's shelter on discharge from the hospital

CAMO

Central American
Medical Outreach, Inc.
322 Westwood Avenue
Orrville, OH 44667
(330) 683-5956
(330) 313-1000
Fax: (330) 313-1001
www.camo.org

Synergy in Collaboration

Food for Thought: Never Give Up

Imagine for a moment that this is the total amount of food you get for breakfast, lunch and dinner: less than 500 calories a day. How could you survive, much less get better? CAMO has witnessed many victories in 23 years of hard work, including renovating the wood-burning, smoke-filled, contaminated kitchen in Hospital Regional de Occidente back in 1998. The hospital serves meals to over 300 patients per day, receives regular deliveries of clean food, and the kitchen features modern appliances and plenty of helping hands. If you have followed our journey, you know we have worked hard to make sure that every infrastructure was done right to support the services of any place we have intervened. But you can never predict the human heart of others, so for us to learn that this half-empty tray was a picture of nutrition today at that same hospital was devastating.

There is 35% malnutrition in the pediatric wards and 40% in the men's ward. The women's ward has the highest percentage at 55%. We are speaking of extreme caloric malnutrition and all the problems associated with not getting better (many times getting sicker) with each day of their hospital stay.



Adult serving for lunch. Many times, there are no eggs.

To learn more please visit
www.camo.org

Yet, hospital employees pile the same food up on their plates with little regard to their starving patients. It is as if they do not connect the fact that piling food on their plates will leave very little for their patients and will negatively impact their healing.

Thanks to the nutrition team of Drs. Deborah and Joseph Marino and Melina Roy RD, LD, CNSC, the administration, director of the Hospital Regional de Occidente (HRO) and the Vice Minister of Health have asked us to manage the staff and the budget for food delivery in this hospital. We are still looking at numbers; it is likely we will agree to the management of the food services if the Honduran government is willing to do its part in funding and will allow us to treat everyone equally. We know with proper nutrition, patients heal better and recuperate faster. Proper nutrition is vital in patient recovery and decreases the time of stay in the hospital, which directly impacts funding for other services. Stay tuned for further advancements in this area.

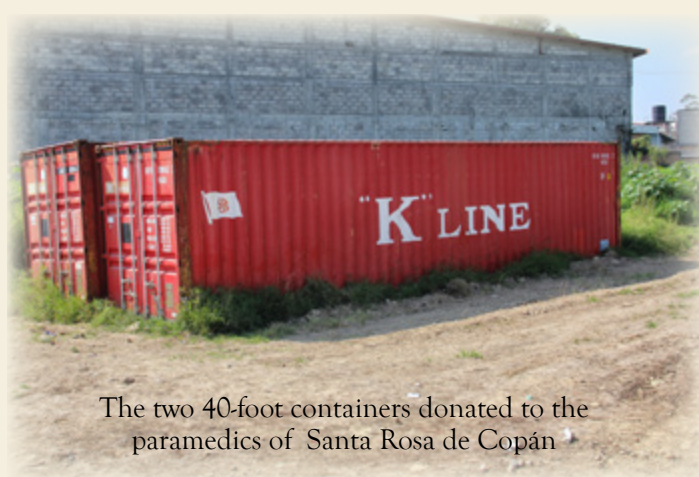


Melina Roy evaluating the nutrition of the children in the pediatric ward.

Synergy

Turning Lemons into Lemonade: Moving Forward

Last year, we were forced to use 40-foot semi-trailers (called “containers”) for shipment. After looking at all our possibilities, we decided to buy five of them and use them to ship coffee back. But we soon realized there is a monopoly on who owns containers and shipment companies. So our five 40-foot containers remained in Honduras. What might have been perceived as a failure, however, instead is being used to meet a need. The volunteer paramedics in Santa Rosa have no income flow. They raise money and do what they can. Governments are not willing to recognize them as part of their budget, but they call upon them every day. But CAMO intervened, and we were able to get one ambulance from the Ministry of Disaster Services. Then we spoke to the mayor’s office, and he agreed to donate land. Two 40-foot containers will be used for paramedics’ offices, on-call sleeping rooms and materials. The design will allow these containers to serve as the side walls of a “pavilion-like” area and a roof will join them together. The large middle area will allow



The two 40-foot containers donated to the paramedics of Santa Rosa de Copán

them space to convert vehicles into ambulances, thereby creating a funding stream. Lemons into lemonade. Funding for this construction is estimated at \$20,000. CAMO would like to encourage your support of this project.

Thank You for Your Service!

I met Alan Dicks back in 1981 when I was working open-heart surgery at Aultman Hospital and he was the biomedical engineer there.

In 1992, when we were starting to think about incorporating CAMO as a nonprofit organization, Alan was the first person to understand the true concept. He was the first to “get it”.

“It doesn’t do any good to have equipment in Honduras if nobody is there to fix it. Equipment isn’t considered ‘broken’ if all it needs is a .10¢ fuse, but you need someone down there who KNOWS that all it needs is a .10¢ fuse.”

Since Alan’s first CAMO team trip in February 1994, he traveled to Honduras every year - sometimes twice a year - for the past 22 years. And because of his involvement and commitment to CAMO’s biomedical program, his efforts have come full circle. German Barcenás has been Fundación-CAMO’s active full-time biomedical engineer since 2012. In fact, German’s commitment to CAMO was the catalyst that showed Alan that CAMO had become something bigger than he could have ever imagined. Alan and his wife Nery will continue to support CAMO from their new home in Miami, Florida.

His impact on the organization has affected countless lives, and his training and influence with German is a perfect snapshot of CAMO’s vision of sustainability. Thank you, Alan, for your selfless commitment to 22 years of service with CAMO. You (and your shoulder rubs) will be missed.



Allen Dicks: Remembering 25 years of history

Our Mission: Services

A Different Team Approach

In February 2015, 60 people with different faiths, professions and styles of life came together to be a part of something much greater than one individual could imagine. USA professionals work closely with their counterpart Hondurans who daily address the many needs of their own people. Without our counterparts, it is impossible to really understand the needs and problems and implement realistic solutions. Without our counterparts, there is no follow-up, accountability or sustainability. Our counterparts make



Heidy Unizicker and Jocelyn Davis training medical staff in fetal monitoring

CAMO stand apart from other “band aid” brigades. Such service brigades come and go year after year, but show no results of real, lasting change. Years of simply handing out pills without follow-up has been proven to be ineffective (and in some cases deadly), yet this method continues to be the most duplicated. CAMO, however, continues to be the shining beacon of the model on which to conduct short-term missions with purpose and results. Please visit camo.org to learn more about our model.



Gary Brown training Nelson Pineda in dental repair

Plastics:

A Stitch in Time: Edgar's story

Edgar rests safe in the arms of his father. His parents traveled to see the plastic surgery team in hopes that their youngest son could look like other kids and would not be teased. Early intervention helps correct speech and other issues associated with cleft lips and palates. With the help of her dedicated team, plastic surgeon Dr. Linda Camp



Edgar in his village with his sister two weeks after surgery



Edgar with his father preop.

and her counterpart Dr. Osario were able to repair Edgar's cleft lip. Nothing could keep the team down, not even when RN Jean Morgan fell so ill, she needed IV treatment in her hotel room. In fact, the next day, she worked 12 hours simply because “*volunteering with CAMO is ‘sweet’*”. By the end of the week, the plastics team had done 35 procedures and many happy smiles followed when the bandages came off. Dr. Osario continues to follow-up with these patients.

Chart demonstrates service provided by USA professionals working alongside Honduran counterparts

Specialty	Services provided	Value of Services
Plastic Surgeries	77 consults; 35 surgeries	\$189,194.00
Dental	555 exams, amalgam, prophylaxis, extractions, treatments, etc.	\$161,240.00
Dental Equipment	Dental equipment repair (5 clinics repaired and preventive maintenance)	\$5,650.00
Nutrition Education	Nutrition education (evaluation and education - all wards)	\$8,610.00
Women's Leadership Course	Women's Leadership education	\$7,562.50
Marketing	Professional photos and marketing plan	\$2,806.00
Prosthetic	Continuing education of staff evaluations and assistance with fabrications.	\$2,325.00
Audiometry/EMT	Equipment repair, maintenance and EMT training	\$4,050.00
Data Entry	Patient data entry and statistical information	\$1,287.00
General Support	Writing articles, photos and interviews	\$1,000.00
OB/GYN	Training in ultrasound and colposcopy (cancer detection of the cervix)	\$21,000.00
Maintenance	Maintenance of laundry and other mechanical equipment.	\$3,422.50
ER Development	Worked with ER staff and trauma	\$19,954.00
Fetal Monitoring	Fetal monitoring training	\$2,860.00
Biomedical	Medical equipment repair	\$4,800.00
Respiratory Therapy	Teaching management of patients on new ventilators	\$2,949.20
Pathology Lab	Quality control and continuing education of pathology lab staff.	\$18,440.50
Literacy Program	Literacy for schools: visited 5 schools and added 5 new to literacy program	\$3,800.00
Education Development	Standardization of education materials and future course development	\$ 5,805.00
Security System and Data	Installation of 14 cameras	\$15,350.00
Administration	Collection of information for future grants	\$1,160.00
	TOTAL	\$483,265.70

Thank you to the following February/March Team Volunteers:

Administration:

Kathy Tschiegg RN, BBA
Melissa Driver Beard
Joyce Shelton RN
Brad Sinick RN

Audiometry/EMS:

Stephen Wood

Dental:

Dr. Mark Gustafson
Dr. Juan Galvan
Dr. Steve Febry
Dr. Frank Relle
Cindy Mullet Dental Assistant
Marilyn Homrichouser Dental Assistant
Loretta Erb Dental Hygienist
Mary Loder RN, Dental Hygienist
Roberta Saurer Dental Assistant
Barbara McKee
Linda Louttit Dental Assistant

Dental Equipment Repair:

Gary Brown

Education/Nutrition:

Dr. Joe Marino
Dr. Deborah Marino
Melina Roy RD, LD, CNSC

Marketing/Photos:

Allen Lance White

Plastics:

Dr. Linda Camp
Jean Morgan NP
Deb Miller RN
Dr. Sharon Stern
Nancy Liken RN
Dr. Anabys Vera Gonzales

Prosthetics:

Mark Gorman

Womens Leadership Course:

Cindy Biggs

Ob/GYN:

Dr. Jorge Romero

Biomed:

Robert Warner

Maintenance:

Harold Shetter
Clarence Emanuel

Fetal Monitoring:

Davis Joselin RN
Heidy Unzicker RN

Resp Therapy:

Tim Larson RRT-NPS, AE-C
Susan Shetter RRT

ER Development:

Dr. Tony Lazcano
Julie Brown RN
Michael Rode RN

Pathology Lab:

Dr. Arun Masih
Susan Borocz

Communication and Software:

Scott Zacharias
Dan McDaniels

Our Mission: Community Development

Building on Strong Foundations

It has been interesting to watch the development of the facilities in which CAMO invested and rescued from the rubble. We continue to serve as Boards of Directors for these facilities, staying involved as a presence in leadership, standards and ethics. Our leadership and investment also urged other organizations to climb on board and do projects in those facilities as well.

For example, after sitting abandoned and roofless for over 10 years, CAMO helped make the community gym a functional facility in 2004; in 2014, the Spanish government climbed on board and gave funds to build a covered soccer field. In 2010, CAMO helped the community develop and open a women's domestic violence shelter; recently, the Spanish government granted the shelter funding for a prevention program. In 2004, CAMO was asked to intervene and help with the failing trade school; now the government is funding a computer lab there. And finally, CAMO helped make the 2014 renovation and rebuilding of Santa Rosa's Public Health Center a success. This facility has been named the best public health center in Honduras

by the Vice Minister of Health Dr. Francis Contreras, and is being used as the single national training center in all of Honduras for doctors in the prevention, early detection and treatment of cervical cancer.

The program will provide early detection and treatment this year for over 10,000 women. We met with Dr. Jacqueline Figueroa Nuñez, director of the project in Central America (sponsored by the Pan American Health Organization). Last year, when she saw the design of the CAMO cervical cancer program and the procedure room and training rooms she knew it was the best place in Honduras to start the pilot program. For more than ten years, CAMO has provided integrated services for women including ultrasounds, mammography and detection and treatment of cervical cancer. Dr. Jorge Romero of Canton, Ohio has been vital in the development of the cervical cancer program and promotion of women's health within CAMO-Honduras.

The first example is the Community Center/Gym in 2003.
We started with mud!



This past February, doctors from all across Honduras came to Santa Rosa, several of which were from the capitol, and they loved the small city. Such activity is not only good for providing better health care, but it is also good for the economics of the community which has become known as the "city of peace". In fact, the Honduran Minister of Health told us, "the least of my problems in this entire country is Santa Rosa."

CAMO's involvement doesn't end with the end of a project; we continue to fill gaps and monitor standards. We don't walk away. We monitor the foundation, and if we see a crack in that foundation, we fix it.

Community Center/Gym today, inside and out



Our Mission: Education

Patience is a Virtue

Every year since 2007, Dr. Tony Lazcano has come to Honduras to share the concept of emergency medicine with ER staff. This concept is foreign to them. They still do “first come, first serve”, which means someone with a gunshot wound will die if the space is full of people who have sore throats. After 8 years of patience, training, and working alongside them, Dr. Lazcano shared with the CAMO staff and volunteers, *“They get it. They are applying the triage concept correctly. They took down the signs which limited the use of each bed to a specialty area.”* CAMO continues to work nonstop with officials to get the correct triage education and instruments introduced to all the hospitals in Honduras. After meeting with the director over all Honduran hospitals, this did not sound hopeful, but she conceded that Hospital Regional de Occidente maintained a well-working ER. In cooperation with the Vice Minister of Health, CAMO will continue to fight for a proper triage system in the emergency rooms throughout Honduras.

Education Changes Everything

Our nurses in Honduras were instrumental in helping to make sure training in the areas of nutrition and respiratory were well-organized and well-attended in the hospital. We have formed a new department in CAMO which is the Center of Training. All our educational programs go through a standardization process to assure quality information and testing. Dr. Joe Marino and Dr. Deb Marino have been vital in helping us to organize this process.

Members of our respiratory team always seem to be called into crisis and end up saving someone’s life. More importantly, though, they return to Honduras every six months to make sure lives are being saved in their absence. Respiratory Therapists Susan Shetter and Tim Larson are passionate about their work and want to provide the hospital with funding to be able to run arterial blood gas (ABG) tests. This is the best test to see how a patient is breathing on a metabolic level. Susan’s eyes teared up at the loss of a four-month-old baby as she said, *“if we only had blood gases on admission... this was a preventable death. This \$10 test can change the outcome from death to life.”* It will cost \$50,000 per year to provide this test to all the patients on mechanical ventilation. Susan and Tim are committed to raising these funds. Any help would be greatly appreciated. For \$10, you could save a life.



Norma Puerto R.N. passing on her education



Sue Shetter demonstrates the setup of the new ventilators.



Dr. Jorge Romero giving continuing education to OB/GYN doctors.

Our Mission: Repurposing Donated IV Solution Saves Child with Appendicitis

The CAMO-Honduras staff worked for 3 weeks straight in preparation of the medical teams and then in management of the team itself. We had very little time off. All the USA teams left March 8, and it felt good knowing that on Sunday we would have the chance to take a breath and rest. To our surprise, however, the two forty foot semi trailers (containers) which had been delayed decided to show up at 6 am that same Sunday morning! In fact, from their bus windows, departing team members watched the back-to-back containers arrive. Without a single complaint, 34 CAMO-Honduras employees showed-up to work. By 4 pm, everything was unloaded and items were scanned and on the shelves.

Every day our staff sees what our donors may never experience: the gratitude of those donations. During the week of the teams, one very poor mother came to our door. Her son had appendicitis and needed surgery, but the hospital

ran out of IV solution so she was sent to find it. She already had spent her last cent getting him to the hospital and she literally had nothing left. The solution cost \$4.50, which we provided to her. Jose Bautista, Fundación-CAMO Honduras sub-director, helped her and at that moment, she wept and looked into his eyes. "May I hug you?" she asked.

Jose opened his arms. As this poor mother hugged him she said, "You will never know how much this means to me and my family." That day, 34 employees came to help because every day they see great need right in plain sight. CAMO-USA volunteers do not get to see the impact of their many hours of sorting donated supplies. So I would ask all of you, when you see the volunteers, ask them, "can I hug you?" Whisper in their ears, "you will never know how much your volunteerism means to someone. You see, you do make a difference!"



One of
150,000
patients
we serve
each year
with in
kind
donations



Honduras staff unloading containers



Volunteers unloading a donation for the paramedics.

Where Are They Now?

Respiratory and Wound Care: Fernanda's story

They had waited there for three hours just to say thank you.

I walked into the front door of Fundación-CAMO Honduras one morning in February 2015, and my staff immediately pulled me aside.

"Kathy, there is a family waiting to see you," they said.

"What do they need?" I asked.

"You will see," they replied gently.

And there, sitting between her mom and dad, I saw Fernanda. She was wearing a wide, joyful smile and her parents were beaming. Four months earlier, in October 2014, they were told that their 15-year-old daughter wouldn't make it. But Tim Larson and Fran Gengo never gave up. They helped her breathe with a bipap machine and helped her wounds not to eat away any more skin. They helped get her transferred to an intensive care unit in



Fernanda with her loving parents

Tegucigalpa and sent the bipap machine and supplies along with her parents. Fernanda survived 11 surgeries and 4 abdominal drains with fistulas and sepsis.

Four months later, there she was in front of me smiling with her parents by her side adoring her. *They waited three hours just to say "thank you".*

Where is Fernanda now? She is healthy and recovering, which takes time. When she expressed that she still sometimes felt weak, I told her the words my own mother told me years ago when I was recovering from surgery: "You are a true miracle. You are not sick... you are getting better. There is purpose in your life."

Fernanda's parents believe she is a miracle and so do I. Perhaps we can see the face of God in this family and all those who cared enough to go the extra mile.



Tim Larson assisting Fernanda to breathe

Emanuel

Santa Rosa neurosurgeon Dr. Roberto Alvarez remembers when little Emanuel was born. Plagued with hydrocephalus (water on the brain), Emanuel's breathing was shallow and he was close to blindness. Dr. Alvarez remembers him vividly:

"We had a shunt provided by the neurosurgical program and we felt we could save him, so we fought for him..."

That was six years ago. It was March 1, 2009 and at only 13 days old, Emanuel was the very first hydrocephalus patient who underwent surgery at Hospital de Occidente. Without CAMO's counterpart program in neurosurgery, Emanuel would have died in infancy. In March 2015, however, a bright-eyed six-year-old Emanuel joyfully paid Dr. Alvarez a visit. Today, Emanuel is in first grade and is living a normal, healthy life.

He even brought a gift for Dr. Alvarez: some very special artwork!

"Thank you for achieving a team unsurpassed," Dr. Alvarez posted on social media. "And thanks to the people who made the neurosurgery service a reality in Honduras. Especially thanks to God."

To make a difference in the life of a child, consider making a contribution. Shunts cost \$450. Your donations allow us to respond to needs like these.



Dr. Robert Alvarez with Emanuel six years after surgery which saved his life.

CAMO Needs You!

We all seek happiness. A study from Harvard and the University of British Columbia confirmed that spending money and/or time on others causes a significant increase in subjects' levels of happiness in contrast to spending on oneself. Your happiness can be linked directly to your quality of life.

Our volunteers, our donors and our employees all have experienced this joy of helping others. I cannot tell you how many people have told us about the life-changing experiences and the satisfaction of service they have had with CAMO. I have always said there are no problems, only solutions. There is nothing worse than being a complainer and a victim of circumstances. We all have the ability to give, to serve, and to be part of the solution to bring hope to the forgotten. Join us! We need your help.

What do you have to give?

- Your time
- Your hands and feet
- Your mind
- Your talent



What type of volunteers do we need?

- | | | |
|-----------------------|------------------------|------------------------|
| • Sorters | • Writers | • Committee members |
| • Packers | • Donors | • Organizers |
| • Shipping Helpers | • Nurses | • Businesspeople |
| • Maintenance Helpers | • Doctors | • Retail Workers |
| • Lawn Care Helpers | • Software Technicians | • Social Workers |
| • Craters | • Web Designers | • Paramedics |
| • Drivers | • Financial Associates | • Biomedical Engineers |

We could go on and on, but the point is that everyone has something to give. Giving gives back purpose and meaning into life. We need your help. Please join us.



Volunteers loading containers



Volunteers building crates

We at CAMO thank you wholeheartedly for your donations and your support.

Visit our web page, www.camo.org for more news about CAMO.



Events: Mark your Summer Calendars

Get the Clubs Out and Help CAMO

The 10th Annual CAMO Golf Scramble is Saturday, July 20th at The Pines Golf Club in Orville. Last year's golf outing raised \$10,490 (after expenses). Registration/breakfast starts at 7:00 a.m. with shot gun start at 8:00 a.m. with lunch/awards upon completion of play.



Entry fee includes continental breakfast, 18 holes of golf with cart, driving range balls, goodie bag, hole-in-one contest and proximity awards. Sponsors are needed for the following: lunch (\$500); golf cart (\$150); putting contest (\$150); hole sponsor (\$100); and proximity awards (\$100).

Please call the CAMO office if you are interested in signing up a foursome or becoming a sponsor. Also, find us on Facebook for online registration.

CAMO PUTS THE *FUN* IN FUNDRAISING!

Mark Your Calendars!

Food, music, dancing, celebrity bartenders & auction items... help us put the fun into fundraising!

**The 7th Annual Salsa Sizzle
is Saturday, August 22nd
at The Wooster Inn.**



Look for tickets to go on sale in late spring. Last year's Salsa Sizzle raised \$27,144. This year our goal is \$30,000. Please remember this event is helping to support the Domestic Violence Women's Shelter in Santa Rosa de Copán, Honduras.

Domestic violence is the number 1 cause of death for women Western Honduras. Help us continue to support the Women's Shelter as a safe haven for victims of abuse.

WE LOOK FORWARD TO SEEING YOU THERE!



Basketballs, volleyballs, soccer balls, tennis balls or nets for these sports are always welcome donation items.



Visit CAMO's
Facebook
Page for
Updates!



Go Green!

Donate your old
cell phones
and empty ink/toner
cartridges to CAMO.
Please call the office
for more information,
(330) 683-5956
or (330) 313-1000



CAMO

Central American
Medical Outreach, Inc.
322 Westwood Avenue
Orrville, OH 44667
www.camo.org

Non Profit Org.
U.S. Postage
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44691
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Requested

Increase your happiness... Give of yourself to others

Many thanks to those who are always available to help us in our events, packing, truck loading and consulting. Thanks to our donors who have been so gracious with their gifts. We will keep on working diligently to provide care to those in need in the most cost effective way. Everyone working together is having a great impact on our part of the world.



UPCOMING EVENTS:

May 1	Shipment of containers
June 1	Completion of water project Hospital Regional de Occidente
June 30	Orrville 4th of July Parade
July 20	Golf Outing
August 1	Shipment of containers
August 22	Salsa Sizzle
October 18	Medical Teams
November 1	Shipment of containers



CAMO is an
accredited Better
Business Bureau
organization,
having met all 21
of their standards.

Visit our website www.camo.org or call our office 330-683-5956 for more information

Please contact us if you would like a CAMO representative to speak at your event, service group or church service. We will be glad to assist you. Donations can be made online for your convenience. Your generosity is gratefully appreciated.

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