



CAMO

A different kind of aid organization



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

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Fundación-CAMO Honduras

Public Health Center Opens with Heart

Before its renovation, the Public Health Center in Santa Rosa was so horrible, you wouldn't even take your dog there. It was hard to believe that a center in such condition treated actual medical needs. Rotting food and trash overflowed the waiting area which was exposed to the outdoors, even in the 90-degree heat or the 40-degree rainy season. Imagine it—sick people waiting without chairs in an outdoor area in order to see a doctor! And they waited there for 2-3 hours before they were seen. The lighting inside was dim and drab; only small single bulbs hanging on frayed electrical wiring provided light. Paint was peeling. Concrete from the poorly built structure fell in pieces from the ceiling, often onto the waiting patients. There was no communication system whatsoever. The clinic rooms contained few supplies. Clean, functional bathrooms did not exist. The atmosphere was one of total and constant chaos.

Mike McClintock, donor and board member said regarding the public health center: "You just can't imagine the transformation of what they had into what they have now."



Old Waiting Room and Conference Room



New Waiting Room



Old Front View



New Front View

Unbelievably, on November 6th, the first day of operation, the power went out at the Public Health Center between 8am-4pm, just as this landmark event was about to begin. Loss of power is typical in Honduras. But because the Public Health Center's new generator kicked in right on cue, allowing patient care to continue seamlessly, no one even noticed that there was no electricity.

The Public Health Center is humming in its first month of services! People are being respectful of their new environment and are taking good care of it. We believe that if you treat others with respect, they will reciprocate and respect will follow.

On behalf of everyone who shared their heart for this project, CAMO says "thank you".



Public Clinic Old Laboratory



Public Clinic New Laboratory

These photos will show how the Public Health Center looked before construction and after, but photos cannot show the true heart of this project. The moment which best defines this sentiment is when Dave Noble walked unannounced through the front door of the new health center, his eyes showing emotion. There, he spotted director Dr. Lourdes Villela Robles wearing blue jeans and holding cleaning rags in her hand. Her staff also was cleaning and moving supplies, preparing for the opening. Surprised at his visit, Dr. Villela Robles approached him.

Dave asked her, "What do you think?" But she had no words to communicate her gratitude. How does a person say 'thank you' to those who gave their own sweat and tears to make life better for others?

So, without words, Dr. Villela Robles simply placed her hands over her heart. Her eyes welled up with tears. After working 28 years as a doctor in that center and 20 years as director under detestable conditions, Dr. Villela Robles finally was standing in a place where she could treat her people and her patients with dignity. There were no words to communicate the feeling of seeing the beginning of the manifestation of her lifelong dream. The best she could do was to put her hands on her heart. This gift was pure heart, and Dave Noble's simple unannounced visit said it all – a love for her people.



Dave Noble and Dr. Lourdes Villela Robles standing in waiting room of new clinic

Donor Perspective:

Written by Dave Noble

Pictures and words can only convey a limited part of the CAMO story. It must be experienced to be fully understood. That requires a trip to Santa Rosa. The magnitude of the transformation of the Public Health Center can only be fully understood by first having seen the decrepit old health center and then the magnificent new one. The director is a no nonsense physician, but she got tears in her eyes when I asked how she felt about the new public health center.

Words and pictures cannot describe the industry of the students in the trade center or the smell of baking bread. They cannot convey the feeling of the music, dance or gymnastics at the cultural center. They cannot describe the happiness of the children at both the women's shelter and the daycare center. They cannot describe the pride and joy of Hondurans who have used the proceeds from membership in the gymnasium to build a covered soccer field.

The only way to fully understand CAMO is to visit Santa Rosa.



Dim Hall of old Clinic



New Hallway

Honduras Counterparts Shine

Reynaldo García, the mayor of Veracruz, asked Fundación-CAMO Honduras for help with his 17 villages and small grouping of homes representing the poorest population in the region with 3,000 inhabitants. Our friends and counterparts of Fundación-CAMO worked together and the results were amazing. Honduran doctors volunteered to provide care to more than 260 people in general medicine, pediatrics, ophthalmology, gynecology and dentistry. With no public transportation available, people in need walked for hours to receive care. Mayor García even dispatched his four-wheel-drive pickup to help bring some people down from the mountains for care. CAMO provided preventive pap smears, ultrasounds and breast health education to women who attended the brigade. Meanwhile, staff at the community health network were trained in CPR and first aid. Packages of donated clothing, school supplies and dental kits were distributed to more than 300 adults and children. Volunteerism is as contagious as a smile, evident by the many smiles on the faces of Honduran professionals who donated their time and expertise to help with this very poor population.



Women receive ultrasound exams at Veracruz clinic.



Ophthalmologist Dr. Hector Robles and CAMO counterpart see patients in Veracruz



Line of patients waiting for care at Veracruz



Dr. J.C. Tabet and Dr. Robert Alvarez work together as counterparts in neurosurgery.



Abi Trochez CAMO Honduras Dentist working with patients at Veracruz.



RN Nannette Sprunger enjoys a moment with the children as she helps with clothing distribution in Veracruz.

USA Medical Teams:

Faith in God, faith in CAMO

SANTA ROSA de COPAN—At 60 years old, Alejandro Sabillon's body had the look of a life of physical labor. But his face told another story. He'd reached Hospital Regional de Occidente from his home in San Pedro 3 hours away, holding back tears, intermittent shock-like pains shooting through his back, his legs numb and useless. Alejandro was dead-weight in the arms of those who helped him out of the bus and transferred him to a taxi. After much lifting, tugging and pulling, he finally landed in the wheelchair, sobbing in pain and humiliation. The goal: to reach the hospital for consultation.

"The pain, it is intense," said the father of three and granddad to four.

Alejandro had no trouble with his back until one day last July, when he lifted something he should not have in his work as a carpenter. Since that day, nothing offered relief. The pain never stopped, no matter his activity level, no matter his position.

When Alejandro learned CAMO's medical teams were coming to Santa Rosa, he knew he had to do his best to

get help from CAMO. "It was my only hope," he said.

Alejandro was one of 10 cases taken on by October's neurology team lead by Dr. J.C. Tabet and his Honduran counterpart Dr. Roberto Alvarez.

Before Alejandro's surgery, doctors discussed his care plan: surgery to relieve the pressure on the nerves and to stabilize the spinal column; medication to control his surgical pain; then physical therapy to build his strength and improve his mobility.

Alejandro awoke from his surgery, smiling in bed, and sitting up and moving without pain. The doctors said it could take months before Alejandro was strong and pain-free enough to resume walking, working and playing with his grandkids. But Alejandro saw it another way. He knew he could not have continued living with every second filled with constant, unbearable pain.

"I have faith in God. I have faith in the doctors. I have faith in CAMO," he said.



Alejandro two weeks post op, standing with a smile and moving pain free.



Alejandro Sabillon is comforted by his wife, Erica, following his recent surgery at Hospital Occidente Regionale.

Counterpart Perspective:

Neurosurgery



Dr. Roberto Alvarez and Dr. J.C. Tabet share a moment of joy with the donation of the Metronic drill.

Neurosurgeon J.C. Tabet shared a moment he had his second year with his counterpart: “I was in surgery with Dr Roberto Alvarez, my counterpart. We were in a very difficult moment during surgery. I didn’t have the tools I needed, and he saw my frustration. He placed his gloved hand calmly over mine and said,

“You feel how frustrated you are right now? That is my day, every day.” His frustration comes from the lack of medical/surgical supplies at Hospital Occidente. This is why counterparts are so important. We can help bring them tools to serve the patients and help them do what they need to do. This year, we were able to bring a drill valued at \$30,000 donated by Metronic which enabled us to perform several surgeries.”

Counterparts learn it’s OK to grieve

SANTA ROSA de COPAN—The nurses took their places around the table, not really knowing what to expect. A class about death? Where they would not only be invited, but encouraged to share their feelings? They’d never heard of such a thing. Before long, every seat at the table was filled. Soothing music started. Scented candles were lit. Before long, tears flowed along with the stories.

Nurses recalled stillborn births, where they were told to take the baby from the room for disposal without ever showing it to the mother. One nurse recalled the death of a young boy who had multiple health and development issues. He was the youngest child, and the only son, and all his father wanted was a moment to hold his dead son. But the bed was needed, and the father instead was sent away from the room.

Other nurses told of co-workers so numb to death’s grief they would not interrupt their lunch break to console a mother whose child had just died.

The first-ever bereavement class was taught by Monica Coventry and Theresa Engles.

Instructors said the goals of the class were to show the nurses that caring compassion doesn’t have to take a lot of time. It might just be an inexpensive handmade card that says, “I’m sorry” or a simple cross made of lace or ribbon. Most importantly nurses learned it’s OK for them to grieve for the families and to take care of themselves. Stress-relieving techniques included aromatherapy, guided imagery and a candle ceremony where nurses were encouraged to share painful losses and to ask their co-workers for prayers and support.

“[One] ER nurse just absolutely started to sob,” Coventry recalled of a male nurse who had worked in ER for 14 years and up to the class had never felt safe enough to share his feelings.

Two weeks later, after the team left, when a mother lost her first-born child, the contrast in care was amazing. Just a few weeks earlier, a nurse would have whisked off the dead child and discharged the family without emotion. But as a result of the bereavement class, we witnessed a change: three nurses sat with the mourning mother and brought the lifeless child to her, allowing her to mourn her loss. Thank you Monica and Theresa for giving our Honduran counterparts permission to share and methods to cope, for themselves and for their patients. What a transformation in humanity.



Monica Coventry and Theresa Engles taught the first-ever bereavement class.



The bereavement class encouraged nurses to show empathy to grieving patients.

Baby bundles warm hearts of poor moms

SANTA ROSA de COPAN -- When Floridalma Dubon, 22, sensed her third child was coming soon, she took the money she had scrimped together for the 2-hour bus ride to Santa Rosa from her home in Concepción. She knew leaving her small children to give birth by herself was her only choice. Her husband did not work. There was no food in the house. She had no clothes for the new baby.

In the maternity ward at Hospital Occidente, Floridalma was surrounded by 26 mothers and babies. Many of the mothers shared beds. Many also shared stories similar to Floridalma's. Poor, uneducated women giving birth is one of the hospital's greatest challenges. They don't have resources to care for their children, or for themselves.

As you walk through the overpopulated ward you can physically see the malnutrition.

Retired nurses volunteering at the hospital through Fundación-CAMO are the ones responsible for assessing the needs of the new mothers. Of the 18 births delivered daily at the hospital, 73% earn an income of less than \$1 a day. It was one of those nurses who saw the need, obtained a baby bundle from CAMO and found the young mother just before she was about to leave the hospital with only rubber sandals and nothing in which to wrap her new baby.

When the gentle volunteer handed Floridalma the bundle for her baby daughter, Floridalma opened it carefully, taking each piece out and holding it up to gaze at it. The gratitude for the gifts for baby Carla showed in her face as she put the little hat on the infant's head and wrapped her in the tiny blanket.

"Thank you," she said quietly.

CAMO thanks St. Paul's Episcopal Church, Cleveland Heights, and many others who partner together to make and donate baby bundles. To learn more about how you can help CAMO with this and other projects, please visit our website, www.camo.org or call our office at 330-683-5956.



CAMO provided basic baby needs for Floridalma, who arrived with literally just the clothes on her back.

Volunteer Perspective: Daycare

“Our Daily Bread” by Robyn McClintock

Even though I have made multiple trips to Honduras, I have never lost sight of the needs of the Honduran people. This October I had the opportunity to take my sister Rynae on her first CAMO trip to help with the daycare team.

As we entered the daycare on Monday, we were greeted by the children running toward us, reaching out their arms and grabbing us around the knees in a football hold. Although most are under the age of five they know we are there representing CAMO. The children learn at an early age that CAMO is a savior.

This takes me to a story about a new volunteer – my sister Rynae.

Currently the government provides the meals at the daycare Monday – Thursday. A typical meal may consist of broth with a piece of meat and potato each about the size of a small egg. For a snack they might receive a quarter of an orange. Each Friday, however, CAMO provides the meal. The typical CAMO meal consists of a morning snack which is a whole piece of fruit, typically an apple or orange. For lunch they receive a well-balanced meal such as vegetable beef stew or another

hearty dish. And an afternoon snack might be a small pack of cookies. And all of this is rounded out with fruit juice 3 times throughout the day. And the portions are large enough that no one ends up being hungry.

Rynae immediately embraced the children. And the children embraced her. It didn't matter to her about the potential of picking up a cold from a snotty-nosed child. It also didn't matter that she couldn't communicate in Spanish. She soon realized that like most children, all they wanted was love and attention.

On each CAMO trip, team members gather in the banquet room of the Hotel Elvir every morning for breakfast at 6:00 am. On Wednesday mornings it has become customary for each team member to give a brief account of what has impacted them the most so far during the week. When it was my sister's turn to speak - she couldn't. She literally could not speak because of the tears and the emotion. And what was it that impacted her the most? It was the food for the children at the daycare. Even though she had not yet experienced the Friday meal that CAMO provides she

already knew what it meant to the kids. She had seen what they had to eat and she was amazed at what the children in the States had in comparison to what the Honduran children had. And she knew that on Friday the kids at the daycare would receive what would probably be the **ONLY** good meal they received all week. And for that she cried because she knew that without CAMO they wouldn't even receive that one good meal.

CAMO exists because people care. Without our volunteers we could not do what we do. And, just as importantly, without the generous contributions we receive, we would not be able to provide that Friday meal at the daycare. My challenge to anyone reading this is to continue supporting our organization so we can give the daycare children their Friday meal. And, with more support maybe we can provide a Monday meal as well. What a wonderful thing it would be to start and end the week with a healthy and balanced meal! And as an aside to my sister - Thank you Rynae for reminding me why it is I have the passion I do for both the Honduran people and for CAMO.



Robyn McClintock volunteers in the Santa Rosa day care supported by CAMO.

It takes a village of people to support the arrival of a CAMO volunteer team. Twice a year, in October and again in February, these North Americans (“gringos”) become an active part of the Honduran community. They are not strangers; they are friends. These volunteers use their gifts and specialties with no thought of receiving anything in return. Their reward lies simply in the gift of paying it forward.

Since 1993, the North American “gringos” have maintained close relationships with their Honduran counterparts. This past October, volunteers representing 15 specialties worked together to meet the great needs of a community of people who otherwise would have no voice. CAMO also recognizes that the true needs of a community are not just skin-deep. So, while this past visit featured the highly anticipated inauguration of the newly remodeled Public Health Center, it also pioneered the equally important launch of a Bereavement Support Group to serve the compassionate medical staff as well.

We are blessed and grateful for each one of the 34 volunteers who gave their own time, their own money and their own service to care for others and to teach them to help care for themselves. We have already achieved many great things, but there is still so much more to do.



Tim Larson, Kaleb Keter and interpreter Ralph Stampone show Honduran counterparts how to use new ventilators provided by CAMO.



Minister of Health Yolani Batres receives Dave Noble at the inaugural table.



Scott Zaccharias, Mike McClintock, Aaron Shields, Shaun Riggenbach and Alan Espinoza hook up an emergency generator.



Emily Lee (standing) and Tonya Barba taught Honduran providers and patients protocols of asthma care and treatment.



Kathy Tschiegg speaks at the inauguration of the Public Health Center.



Inauguration of Public Health Center.



Cindy Biggs leads a discussion on women's empowerment in the workplace to a group of Honduran providers.



Two friends catch up as they wait for care at Veracruz.



Volunteers from the USA arrive in Honduras for the October 2014 CAMO Team.



Honduran nursing counterpart Leticia Sanchez teaches neonatal advanced life support to her Honduran co-workers.



Fran Gengo teaches a class on wound care to Honduran nurses.

1	Marketing	Photo documentation of CAMO Oct 12 - November 7 \$3,750.00	\$1,606.00
2	Asthma	Training on the use and management of patients with asthma; 27 students	\$4,140.00
3	Warehouse	Training with processes of the warehouse.	\$3,000.00
4	Daycare	Assistance with children (80 children)	\$1,606.00
5	Electrical System	Installation of public health center phone system. (Vincente Fernandez Mejia).	\$13,520.00
6	NALS / Bereavement	27 NALS students; 63 trained in bereavement	\$3,900.00
7	Neurosurgery	Consults 25; Surgeries, 10	\$84,912.00
8	Donated	Neuro-surgical equipment	\$30,000.00
9	Colostomy	Training on the use and management of patients with colostomy and care of injuries 71 nurses trained.	\$1,702.00
10	Respiratory	Training on the use of new mechanical ventilators; 39 doctors and nurses trained	\$3,432.00
11	Women's Empowerment	3 focus groups	\$36,550.00
	Total Value		\$188,118.00

Where Are They Now?

Natalia in remission!

We first met little Natalia on page 5 of the “Winter 2012” CAMO newsletter. The daughter of Felipe Rapalo, one of CAMO’s drivers in Honduras, Natalia was diagnosed with leukemia at age 2. In an effort to help one of our own, the CAMO staff in Honduras pulled together and donated part of their own wages to help pay for this little girl’s chemo.

Today, Natalia is four, and we are happy to report that she is in remission! She adores pretty barrettes, ribbons and bows for her beautiful dark curls. In fact, Natalia’s parents often find her in front of the mirror, her little fingers lovingly braiding the hair that she waited for so long to grow back. Imagine her parents’ pure joy, watching their daughter play in front of the mirror. Imagine the joy you would feel if you were Natalia’s mother or father. There are no words to express the gratitude when you have received such a blessing.

If it weren’t for CAMO, Felipe and his family would never have been able to afford those treatments, which cost \$400 a week. Felipe earns only \$500 a month – standard wages for a driver in Honduras. This is what

it means to be part of CAMO: it means being willing to share your heart and play a part in someone’s future. None of your giving is ever too big or too small. Thank you for being willing to share your heart with others.



Felipe and his wife Elvia with their beloved Natalia.

Standardized nursing care moves a step closer

SANTA ROSA de COPAN – A new era in health care began Monday, November 17 with the inauguration of the educational program to standardize nursing protocols throughout Honduras.

Officials joined the event in support of this new era including the regional director of health, Dr Valeska

Cardona, the governor of Copan, hospital administrator Victor Lopez, director of the new public health center Dr. Lourdes Villela Robles, and the team of four nurses and one doctor who traveled to the USA this past summer for one month of training at the Aultman College of Nursing. The Inauguration of the program took place in the conference training room

of the newly renovated Vincente Fernandez Mejia public health center.

Phase 2 of the pilot will take 2 years to educate all the hospital nurses chosen for the project. The classes will be provided two times a month with each course lasting one week. Fourteen nurses can be trained in each session.



Officials gathered in the newly renovated public health center for the start of this new era in health care standardization.



The inauguration of the educational program to standardize nursing protocols.

Looking Ahead to 2015: Strengthening What We Have

Since 1993, you have read the stories of people in Honduras whose lives have been touched by North American volunteers and donors. You watched CAMO help a woman receive the first mammogram in the entire country of Honduras in 1995. You read about countless men, women and children who received a chance at a future after receiving a prosthetic. You read about CAMO helping communities dig out of the devastation of Hurricane Mitch in 1998. You see the faces of women and children safe from harm in the CAMO-initiated Domestic Violence Women's Shelter. And we can't imagine the number of babies who will grow up to be proactive adults in

Honduran communities, babies who would have otherwise died without the ultrasound and fetal monitoring capability now available because of CAMO's education and training programs to staff. The list goes on and on. CAMO's success and the healthy future of the Honduran people and their communities are results of YOU, the donors. None of this could have been possible without you. So for that, CAMO thanks you.

Judy Seaman summarized it in this way: "To have the chance to see it all in person, and to see the breadth and scope of all the work that is accomplished here is just so impressive."

It is now time to look ahead to 2015, in which we will aim to focus on strengthening what we already have. Fundación-CAMO Honduras consistently operates 17 programs daily and continues to service over 130,000 people each year. Nearly all of these programs are already self-sustainable.

A structure is only as good as its foundation, and a body is only as strong as its heart. Likewise, as 2014 ends and the new year begins, we ask you - our donors - to help us strengthen our core. Help us to continue to be a voice for a people and a community who otherwise would have no voice.

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

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

Visit us on Facebook.





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Upcoming Events

Dec. 11	CAMO presentation, Wooster Noon Lions Club
Jan. 8	Presentation, Northwestern High School, West Salem
Jan. 15	Presentation, Ashland Noon Lions
Jan. 20	Presentation, Carrollton Bible Chapel
Jan. 21	Presentation, OrrVilla, Orrville
Jan. 22	Team 1 to Honduras
Mar. 1	Team 2 to Honduras

Give a Special Gift

Christmas Gift Cards are available for those of you who wish to give a donation to CAMO in the honor of a friend or loved one. Just call the CAMO office at 330-683-5956 and we will send you the number of cards that you need.

Bringing Hope to the Forgotten

- *Learn the story behind the story...* host a CAMO speaker! This is a great way for your small group or organization to hear the heart of the stories behind the CAMO reports and newsletters. Please don't hesitate to contact the CAMO office at 330-683-5956.
- *Our only marketing tool is this newsletter.* Your mailing information is never shared or sold to any other entity, and we only mail to our supporters. Please share the newsletter with those you think would like to help in CAMO's mission.
- *For your tax records,* we do one mailing at the year's end with your total amount given during the past year. These will be mailed out on January 10, 2015.
- *To donate,* go to our website, www.camo.org or make a check out to CAMO and mail to: 322 Westwood Avenue, Orrville, OH 44667.
- *Thank you for your support.* May God bless you today and always.

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



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