



CAMO

A different kind of aid organization



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

Bringing Hope to the Forgotten

Finding the Right Words

written by Kathryn Tschiegg

Through the years I have tried to say thank you with words. Each time, I have to pause in awe of what our donors have made possible for the people we serve. When I consider all that has been done, it seems there are never the right words to express my gratitude, the gratitude of the people who surround us, or the lives we have impacted as a result of your donations. Reaching those in greatest need has been and will continue to be the goal of our boards, staff, volunteers and donors. Your support with the support of many others has given us the resources to bring service facilities to a community where there were none. Our call is to bring justice and services into the lives of people who are hard-

**We are thankful for
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underprivileged.**

working but powerless. By providing positive options for children, youth and adults, crime has been prevented and the community we serve has become a safe and healthy place to live. Every day we do the very best with the resources God has given us to meet those needs and prevent corruption. We are thankful for those who have joined our mission to meet the needs of the poor and underprivileged. Fifty percent of the funding needed is recuperated from Honduras. We will continue to work to increase the amount of support from within Honduras, but we still need your support to continue to build a healthy environment for people to live and thrive.

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CPR, ACLS and PALS Programs



Everyone and everything in life has a purpose. Sometimes it is difficult to find purpose in unjust circumstances, but often, time helps us accept them. Certainly time has helped me come to grips with the senseless death of a young woman postpartum back in 1997. She was the patient who touched our hearts so profoundly that she became the catalyst for CAMO to begin the CPR program. Still, naysayers initially balked

at the idea, saying, “No one will take a course in resuscitation. No one thinks certification is necessary. No one will pay for the books.” Plus, obtaining official registration in Honduras with the American Heart Association was a struggle. The AHA required liability insurance, which at the time, did not exist in

Honduras. CAMO had to spearhead liability policy in Honduras plus pay the cost of the insurance. Then, CAMO diligently worked to convince medical professionals of the need not only for the course itself,

“We are happy and proud to educate and leverage health systems through CAMO. Thank you for believing in us and for giving us the opportunity to work through CAMO to bring hope to those in need.”

**- Dra. Nathalie Munguía,
Coordinadora del Programa de RCP.**

but also for their investment. This was difficult as many nurses were used to working up to a year with only the promise of being paid by the government. In the meantime, no one had money to pay for the books. So we helped as we could while we continued to strive for our goal.

Through many roadblocks and failures, we remembered the face of that young mother dying in 1997. Her senseless death had to have purpose.

Today, 18 years later, CAMO is the first training center in Honduras certified with the AHA. Medical professionals and companies look to CAMO to provide education in basic, advanced and pediatric life support training. After completing the courses instructed by CAMO Honduran volunteer instructors Dr. Daniela

Montalvan, Dr. Eleazar Montalvan, Dr. Cesar Garcia and CAMO employee Yesmi Giron, one participant wrote to say it was the best course he had ever taken. That participant happened to be a doctor on staff with the Royal Caribbean Cruise Line.

When he shared his enthusiasm for the quality of CAMO's CPR,

ACLS and PALS training courses, Royal Caribbean headquarters contracted CAMO to educate the rest of the staff on its cruise lines.

Travel to Train Doctors Globally

written by Kathryn Tschiegg

On October 20, 2015, CAMO's three Honduran volunteer instructors boarded the cruise ship sailing from Santa Rosa de Copan, Honduras to Columbia. Their goal: to educate the cruise ship staff. While boarding the ship, a woman suffered a heart attack and her heart stopped. There on the deck of the cruise ship, the Honduran instructors were able to resuscitate her and stabilize her for transport to a medical facility. She survived.

Dr. Daniela Montalvan, Dr. Eleazar Montalvan, Dr. Cesar Garcia and Yesmi Giron continued to educate the staff on five different cruise ships traveling to Spain, Italy, France, Aruba and Columbia. They returned on November 14th. This training not only provided life-saving education, but also brought

money into the program as well.

Special thanks to Dra. Nathalie Munguia for her leadership of this program. Due to her commitment and efforts, the CAMO National Training Center has been the source of many accomplishments.

The present is only defined by how many times we are willing to fall, get up, wipe the dust off, learn and keep going. The CAMO

National Training Center in Honduras for the AHA is an example of this dedication and persistence. My hope is that young woman who lost her life is smiling down on us, saying, "It is okay. I did not die in vain. I was the seed!"

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TO LEARN MORE ABOUT USING YOUR NATURAL ABILITY TO VOLUNTEER,
VISIT **CAMO.ORG** OR CALL THE CAMO OFFICE AT **330-683-5956**.

Perspective of Experience

written by Emily Briceland

At a young age, I started traveling overseas to do short-term mission work. This is just as it sounds – short term. You spend weeks, even months preparing for a single week or two in another country and then you leave and come home to your safe, warm bed, a fridge full of food, and even medical care at your convenience. You often think of the things you saw, the people you met, and what you could do to make a change, but for most people it just stops there.

A few years later, I traveled to Haiti for another short-term mission trip to deliver shoes to children, some who had never before owned a pair. It was an amazing experience and after graduating college, I accepted a position in Nashville with the same non-profit organization that sent me to Haiti. My role was to lead teams of volunteers to third world countries including Haiti, Costa Rica, Honduras, and Africa, delivering shoes to the needy. Let me tell you, it's easy to feel good when you see the smile on a child's face once you wash and tickle their little feet before placing a brand new shoe on them. But what's next? Will they not grow out of that shoe in a few months? And then what? Not a very sustainable approach to eradicating poverty or helping a community which may not be able to help itself.

After working for CAMO for a few months, I

had the opportunity to go to Santa Rosa in October with the team. I realized that even though I post about CAMO on Facebook with stories from

Honduras, help with CAMO In Focus publications, and hear Kathy talk about

CAMO, it's impossible to fully understand the scope of everything CAMO is doing in Hon-

duras until you are actually there. So many lives are

being touched in one way or another whether it is

through medical service or community service.

I have been to Mexico, China, Japan, Liberia,

Haiti, Costa Rica, Tanzania, and even Hon-

duras with other organizations, but CAMO is

different. Watching a community of the poor want to

help each other and not just rely on aid from the U.S. is

something I have never seen before. The structure and sustainability

were so evident, especially in the public health center and in the community gym. My first

day there I toured all of the CAMO-involved facilities. I spent my second day at the trade school.

For the rest of the week, I worked with my counterpart, Heidi, to collaborate and grow a relationship for marketing CAMO together. We learned

how that same marketing goal looks different in the USA than it does in Honduras. The sustainability that CAMO is creating in Central America

is like no other, and I am proud to be a part of such a great thing.



"IT IS IMPOSSIBLE TO FULLY UNDERSTAND THE SCOPE OF EVERYTHING CAMO IS DOING IN HONDURAS UNTIL YOU ARE ACTUALLY THERE."

Looking Bright

CAMO's Summer 2015 newsletter introduced Indianapolis ophthalmologist Dr. Kevin Waltz as an answer to prayer. Dr. Waltz traveled with his two associates to take a look at our programs, and he has officially informed us that he will join CAMO's efforts to continue to strengthen the area of ophthalmology in Honduras for over one million people. CAMO has already received more than \$120,000 of donated medical surgical eye equipment and the accessories to do more than 600 cataract surgeries. We are in conversation about expansion of the eye clinic to include with eye exam a full outpatient surgical ophthalmology department.



Don Manuel

The need is now. In early November 2015, CAMO staff met a gentleman named Don Manuel. He had been blind for two years and was abandoned by his wife, who literally dropped him off at the hospital and left. Unable to even walk by himself, Don Manuel was led into the eye clinic and surgery was performed that day. The next day, the patch was removed and 80% of his vision was restored. He walked out without assistance wearing a smile that would brighten anyone's heart. The joy of that moment is what it is all about for Dr. Robles, Dr. Waltz and all those involved in this program.

The future of this program is looking bright (pun intended)!



Fall Counterp



Real progress happens when experience can be shared with someone who will carry it on into the future. CAMO saw that kind of progress in the relationship between volunteer personal coach Cindy Biggs and her Honduran counterparts, Ethel de Jesus and Hena Cruz. Nineteen women in leadership positions in Honduras attended a women's leadership and strength-building course in October 2015. Although it was a lot to grasp in one week, the women were like sponges. Several weeks later, they were still commenting on how the information they learned in the course impacted their work environment for the better. "It was an incredible experience," one of the leadership course participants stated. "We learned to always to listen first. We don't have to jump to conclusions. We can solve our bad habits. We all have strengths... We learned we need to value everybody and recognize and give credit for good attitudes and good work ethics."

Nanette Sprunger (RN) trained 10 classes of 6 nurses each on EKG interpretation and placement of leads.



Monica Coventy (RN), Sharon Sommers (RN) and Linda Pratt (Interpreter) worked with nurses to better understand bereavement both professionally and personally.



Part Activities



Honduran biomedical engineers German Barcenas and Geraldo Pineda receive more training from Nick Giarelli, owner of Wage Imaging of Willoughby, Ohio. By donating used, high-quality, functional ultrasound machines to CAMO, Nick has been key in the growth of all 5 of CAMO's ultrasound programs in the rural areas.



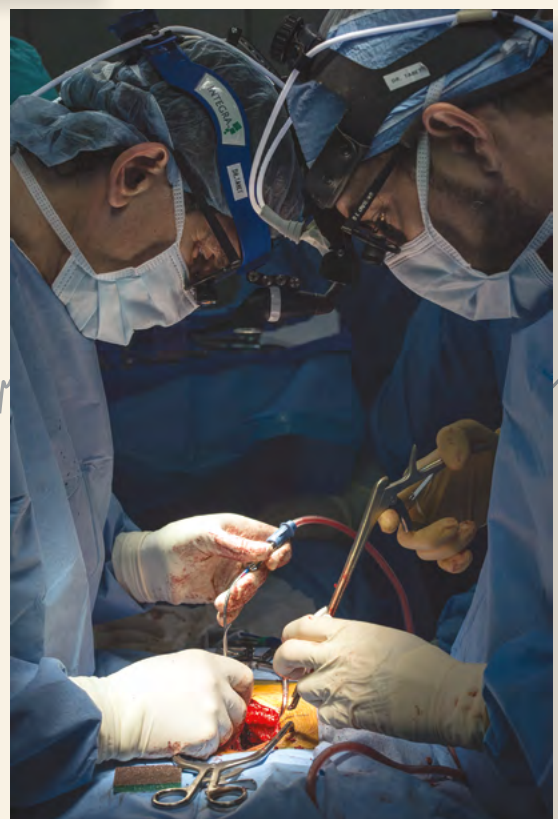
Bonnie Medina, although retired from CAMO, graciously offered to help. Since October was Breast Cancer Awareness Month, she gave a 10 minute demonstration before each class on how to do a breast self-examination. The course was given 16 times, impacting more than 150 women.



"I was able to use my experience in graphic design/marketing to help train a graphic designer working for CAMO this October. I had no idea that this little organization in Orrville, Ohio supports and saves so many lives in Honduras. CAMO-USA is the tip of an iceberg that runs much further below the surface than I could have ever imagined." – CAMO volunteer Peter Kiko, graphic design/marketing.



Head-to-head and hand-to-hand in surgery, counterpart Dr. Roberto Alvarez and Dr. J.C. Tabet worked all week with the neurosurgical team to bring relief to 10 patients. Mary Harris (RN), Marlene Bennett (RN) and Ed Rhodes (CRNA) also were vital parts of this team.



29 Visits Later and Still Going Strong

written by Kathryn Tschiegg

Respiratory Therapist Tim Larson's first visit to Honduras was in 1995. His first patient was a young man who had Gillian Barre Syndrome. Tim was called to the bedside. The teenager had become paralyzed and was unable to move his chest muscles to breathe. The first ventilator the hospital had ever seen had just arrived from CAMO's shipment. Tim worked steadily to prepare both the vent and the staff for care of a patient on a ventilator. That 16-year-old would have died without a ventilator, but as it turned out, he was the first person in the region to experience the life-saving benefit of a ventilator. Tim worked literally night and day as he

sacrificed his one week of vacation to serve in Honduras. Exhausted, he returned to the States and went right back to his job.

You would think he would have never taken vacation again to come to Honduras. But Tim has come back to Honduras 29 times. Since then, CAMO has been able to save 50% of patients in respiratory distress through the use of donated ventilators. Along the way, Tim has recruited many people to join the respiratory teams. Susan Shetter and Pat Haslage have worked alongside Tim throughout the years. Susan and Tim have joined efforts to begin to bring blood gas analysis to the respiratory program.

With a new ISTAT machine which can do arterial blood gases, we believe we can greatly increase the survival rate of patients needing mechanic ventilation. CAMO is working with the Ministry of Health leaders to make this sustainable as each test costs \$12 (and most patients will require at least 2 per day). For a hospital and health system which cannot even afford IV tubing or gauze, this type of cost will be difficult to sustain, but we believe saving a life is worth 24 dollars a day. CAMO continues to work with the community and authorities to find a sustainable solution to saving lives.

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Tim worked steadily to prepare both the vent and the staff for care of a patient on a ventilator.



Tenacity in Community Development

written by Linda Pratt



Sometimes it takes a while to see changes. But when you have the opportunity to return to Santa Rosa year after year, you can see the difference that CAMO makes, not only in healthcare, but in the life of the community. Women's issues have featured prominently in CAMO's community development work, ranging from training programs at the trade school, to the ongoing domestic violence project, to women's empowerment and leadership training. This year I saw an unexpected result of these efforts at the community gym and in the streets of Santa Rosa. When we toured the gym soon after our arrival, we saw women playing basketball with men, women lifting weights with men, and women and men exercising side by side on the cardio equipment. During our early morning walks to El Cerrito, a local park at the top of a long flight of steps, we saw women running

alone or with men, and women using the track at the soccer field. During the week of classes, one nurse told us that she left an abusive relationship, got training as a beautician, and then put herself through nursing school. Now she leaves her home early each morning to teach classes at the gym before arriving at the hospital for her shift. Afterwards, she returns to the gym for another hour before heading home.

Women are stepping up and taking an active role in their lives and their futures. It may seem like a small step, but when you see the determination and pride on these women's faces you realize that there is no such thing as a small step. Sometimes it takes a while to see changes. But when you work with community leaders year after year, change happens.

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Statistical Footnotes on Work Being Done

Women's Shelter: The domestic violence women's shelter continues to thrive. With help from supporting agencies, CAMO has been able to provide domestic violence education to university students and youth. Course subject matters include appropriate nonviolence behavior while dating (what is okay and what is not), self-esteem, interventions and prevention of violence in relationships. An average of 190 people receive training every month. On average, 25 people per day use the shelter. 49% of women who seek help from the shelter permanently leave their abusers.

Trade School: CAMO has negotiated a contract with the Swiss government which has great interest in the growth of tourism and preparing workers in this area. The Swiss government will be funding five areas of training: chefs, waitresses/waiters, maids, bartenders and tour guides. Each training course will be accredited and will last 8 months. The trade school will maintain its current course offerings otherwise. CAMO also was fortunate to have Ron Taggart on the October 2015 team. Taggart spent time evaluating the school and made several recommendations during his visit.



VOLUNTEERS ARE THE HEART OF CAMO. EVERY DAY, VOLUNTEERS JUST LIKE YOU GENEROUSLY USE THEIR GIFTS TO HELP CAMO SERVE AND MEET THE NEEDS OF THE POOR POPULATION IN HONDURAS.

Closing

In light of CAMO's successes, it would be easy to lose sight of what is important. I look at this picture of what some people see as an old, ugly woman, but I see something different. I see a woman who has had a hard life, but is not hardened by it – a life filled with “hard knocks” which actually softened her to love and hope. She is beautiful. Seeing the love in a mother's eyes when a loved one is recovering restores that hope. Have a holiday season filled with gratitude.



As always, CAMO thanks you for your support.

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, 2016.

VISIT **CAMO.ORG** TO LEARN MORE ABOUT CAMO'S PROGRAMS.



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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.



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

(330) 683-5956
(330) 313-1000
Fax: (330) 313-1001
www.CAMO.org

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Upcoming Events

- December** Shipment to Honduras
Launching of New Web Page
- Feb - March** Teams to Honduras
- February** Shipment to Honduras
- May** Joint Boards USA & Honduras 5 year strategic planning session

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



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Bureau and meets all
21 standards.

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.

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