



# CAMO

A different kind of aid organization



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CAMO is a non-profit, faith-based organization. Bringing Hope to the Forgotten

## Stunned by the Need

**CAMO is a tapestry made up of three central threads: community development, education, and medical services.**

Remove any one of those threads and the fabric tears...weave them together and you create a beautiful tapestry of human kindness. This newsletter follows the threads of community development, education, and medical services to show you how closely these elements of service are intertwined.

Opportunities to serve present themselves every day; even after twenty-five years, we can still be stunned by the great need of the Honduran people. When 46-year-old Maria and her 21-year-old daughter Carmen were led into our clinic by their families, who hoped we could help them, we stopped dead in our tracks. As a result of undiagnosed diabetes, Maria had been blind for two years,

Carmen for five; confined to a bed or chair, both had become burdens on their families, unable to contribute to daily tasks and suffering from lethargy and severe malnutrition. Maria weighed just sixty-nine pounds, her daughter fifty-one pounds.

Their cases were urgent; we scheduled them for eye surgery within days of their arrival. When their eye patches were removed, at first they did not even recognize each other. As Maria explained, "it is like looking at a stranger and getting to know my daughter again."

Medical intervention was just the first step for both Maria and Carmen. For these women to recover and lead productive lives, they needed education

and community development as well. Involving patients and families in their care is critical so CAMO's nutritionist, Bianca Ramirez, accompanied them home to work together to manage their diabetes and begin nutritional rehabilitation. The first week alone, each gained five pounds.

On our follow-up visit to the small rural village of San Miguel La Iguala, Lempira, we were greeted by Maria and Carmen's family and neighbors. Together, the community demonstrated their gratitude by playing music and sharing their humble homes with CAMO staff.

Maria and Carmen continue to gain weight and are scheduled for follow-up surgery. Thanks to Dr. Marco Robles, Dr. Hector Robles, and Dr. Kevin Waltz, the eye program is able to treat cataracts on a daily basis. But changing lives cannot be done without people like you. Thanks to you, Maria and Carmen are no longer confined to their beds! They are part of their beloved community once again.

*Even after twenty-five years, we can still be stunned by the great need of the Honduran people.*



**Left to Right: 21-year-old Carmen being led to her eye exam. • 46-year-old Maria being helped to surgery by Jorge Moncada, the CAMO eye program technician. • The community of San Miguel La Iguala Lempira waving goodbye to the CAMO staff.**

# Build It and They Will Come

## Now more than twenty-five years old, CAMO's Ophthalmology Program keeps growing.

Our dreams are growing too, thanks to Dr. Hector Robles and his three children—Marco, Pablo, and Anni—each of whom is following in their father's footsteps not only in becoming ophthalmologists, but more importantly in compassionate treatment for the poor.

When Dr. Kevin Waltz began working with CAMO's counterpart program in 2015, little did we know that his partnership with the Robles family would move so rapidly into providing some of the best quality eye care in Honduras. The Robles have launched a huge project: to build a state-of-the-art clinic that will become a hub for delivery of ophthalmology services to thousands of patients throughout the country.

Currently, Honduran patients who

can afford to do so, travel to the USA and other countries for medical care. By making high-quality care available to these patients within Honduras, we will be able to implement a sliding fee scale and make our eye program financially self-sufficient. Dr. Waltz explains, "the more paying patients we can attract, the more funding we will have to provide eye care for the poor."

Dr. Waltz, who has been key in developing plans for the center, trains ophthalmology residents in El Salvador, and Dr. Marco Robles trains residents in Tegucigalpa, Honduras, so transnational education has been part of the plan right from the beginning. The new facility will provide continuing education for ophthalmologists throughout Central and

South America via conference and training rooms equipped for telemedicine: up to ninety eye specialists can participate simultaneously in virtual conferences, while leading ophthalmologists in Europe will be able to view and consult on surgeries taking place in Honduras. With the help of AECOS Global Charities, a foundation dedicating its resources to eye care, Dr. Waltz purchased most of the equipment for these two residency programs and will equip the new facility.

Our most vulnerable patients—Maria and Carmen, and thousands like them—are the driving force behind the CAMO Ophthalmology Program's vision. Therefore the new facility will provide free housing for patients and family members from rural areas during the pre-op and post-op period. The synergy of this program is a result of great partners and long-term relationships. We are honored to partner with the Robles family, Dr. Kevin Waltz, and AECOS.



Dr. Marco Robles during a surgical procedure.

*The Robles have launched a huge project: to build a state-of-the-art clinic that will become a hub for delivery of ophthalmology services to thousands of patients throughout the country.*





*The synergy of this program is a result of great partners and long-term relationships; we are honored to partner with the Robles family, Dr. Kevin Waltz, and AECOS.*

**Top to bottom: Architectural design of the new Ophthalmology complex located in Santa Rosa de Copan.**

**• Lower level of the Ophthalmology Complex. • Dr. Kevin Waltz and John Delgado assisting with an eye examination. • Upper level of the Ophthalmology Complex.**





# Nutrition Program Launched April 1st, 2018

**CAMO's fight against malnutrition took a giant leap forward when the CAMO Nutrition Team held its first-ever fundraiser in March 2018, generating funds to support a year-round program and hire a nutritionist.**

Bianca Ramirez, one of the first graduates in Clinical Nutrition in Honduras, has been a Godsend. With Licida Herrera Borjas, a student from the university in Tegucigalpa, she gives classes in nutrition and sees patients in CAMO's clinic and hospital. With the assistance of the CAMO Nutrition Team, she designs survey tools to guide program expansion. "It is a program in diapers," says Licida. The needs are so very great; we never imagined how high the demand for this program would be, nor that Bianca, the only university-trained nutritionist in the region, would be stretched so thin. We continue to develop best practices to address Honduras's nutritional needs with the limited resources available.

The nutrition program provides a perfect example of CAMO's focus on connecting all three parts of its mission: medical services, education, and community development. Addressing nutritional needs in Honduras is a continuing challenge because there are many barriers to food sufficiency. Poverty is perhaps the most crucial, since poor families often have to survive on less than \$2.30 per person per day. Other barriers include the lack of food options in small villages and the many kiosks selling tempting, cheap, nutrient-poor candies and chips. All these barriers are exacerbated by the glaring lack of trained nutritionists, as well as a general lack of nutritional support in health care settings. When combined, the negative impact of these factors is alarming. Terribly malnourished children and adults arrive at CAMO every day. In the local hospital, fifty to seventy percent of patients are moderately or severely malnourished, which impacts health care by contributing to high rates of infections, delayed healing, and death. To address health problems, then, we must also educate and build community support for better nutrition.

Deborah Marino, with a PhD in nutrition, and Joe Marino, MD, are from Summit County, Ohio, and have worked with CAMO for over nine years now. The Marinos returned to Santa Rosa in June to help plan the nutrition program.

One day during their visit, they accompanied Bianca on her rounds in Hospital Occidente. One of her patients, twelve-year-old Ángel, looked up at them from his hospital bed with shy and tired eyes. Already thin, he had a large abscess on his shoulder that was sapping his energy and his appetite. Doris, his nurse who champions nutrition, had called CAMO to consult on Ángel's condition. The Marinos and Bianca developed a plan to augment his protein and calories to help him heal and gain weight. A few days later he was smiling and animated.

There are so many patients like Ángel who need this specialty. It costs just \$15,000 for a licensed nutritionist's annual salary and an initial supply of medical food. What a great investment!



## *What a great investment!*

**Top to bottom: Nutritionists Bianca Ramirez and Deborah Marino with Dr. Joe Marino and university nutrition student doing her internship, Licida Herrera. • Bianca Ramirez with her patient Ángel.**



# Part of the Solution: Working with Government to Bring Needed Services

Although the Honduran government mandates that twenty-five percent of municipal budgets be used for health care,

for small rural communities with populations ranging from 1,000 to 30,000 inhabitants, municipal budgets barely cover basic costs; unable to make ends meet, these communities have little to spare for health services. CAMO cannot change the funding structure, so we have been working with these communities to make the best of current conditions by finding ways to provide medical services to citizens despite challenging circumstances. We started by providing dental services to outlying populations—a program that proved so successful that a specialty mobile team now visits each rural community once a year, providing services in general and internal medicine, pediatrics, OB/GYN, ENT, dentistry, neurology, and ophthalmology. Our contract with these local governments also includes pharmacy services and medical supplies like wheelchairs, medical dressings, etc.

In accordance with CAMO's emphasis on building partnerships, these mobile teams are staffed entirely by volunteer Honduran doctors. Each medical team sees an average of 800 people on each visit—and they do all this for just \$6,000 per visit, or \$7.50 per patient. Patients with more complex needs are brought to the Fundación CAMO center in Santa Rosa so that they can be diagnosed and treated.

Overall, the mobile concept has proved such an effective means of providing a full range of preventive and medical services to rural populations that we'd like to expand the program, but currently lack the vehicles and human resources to do so. The eleven cities and organizations listed below each use their municipal budget to cover the cost of the mobile teams.



Cities and organizations using their municipal budget to cover the cost of mobile teams.

1. San Juan de Opoa, Copán
2. Las Flores, Lempira
3. San Pedro, Copán
4. Veracruz, Copán
5. Corquín Copán
6. Concepción Copán
7. Santa Rosa de Copán
8. La Unión, Copán
9. San Agustín, Copán
10. Fundación MINOSA
11. Visión Mundial



Top to bottom: Eye, nose, and throat exams on patients presenting with problems. • Monthly Multidisciplinary Team Honduran Pediatrician Karina Rodríguez examining an infant. • Pre-clinic checking everyone's blood pressure, pulse, and respirations. • Zenadia Perdomo setting up the pharmacy.



# Literacy Is More Than Books

**Handing out donations is easy, but for sustained development, community buy-in and education are key factors.**

CAMO weaves literacy into the fabric of each community by building close local partnerships.

The CAMO Literacy Program has partnered with thirteen schools, forty-eight teachers and 1,115 students, all motivated to achieve the best possible education. The program starts with libraries donating three hundred books to each school; each year it determines new areas of need and works to fill them. This year, the Literacy Committee in the USA, led by Ann Farmer and Zipporah Evania, will fund instructors' textbooks and manuals for each subject and grade. Funding partners are Third World Books, Global Mission of St. Paul Episcopal Church, private donors, and communities in Honduras.

Since beginning the program in 2014, we have revisited each school two to three times per year. On these visits, we find that teachers share the following common concerns:

- Technology infrastructure is non-existent; nor are there funds to pay electric bills, much less the initial investment for Wi-Fi, communications, or maintenance. Therefore Honduran schools are far behind the rest of the world in technology.
- Buildings are in poor shape with no place for children to eat outside of the classrooms and outhouses with no water. Lack of cleaning supplies and access to clean water are chronic problems.
- Students have medical issues that are barriers to learning.
- Children with learning challenges have no access to special-needs educational materials.
- Textbooks are often unavailable.

To remedy barriers to learning, the Literacy Program built partnerships with Plan Honduras and World Vision. In addition, CAMO medical professionals educate teachers on early detection of these learning barriers; teachers have now begun to identify at-risk children who can be treated when CAMO's audiology, ophthalmology, dentistry and nutrition teams visit schools every Friday. On April 6, 2018, all forty-eight teachers from the program's thirteen schools were trained in motivational reading techniques with the support of Plan International.



**Clockwise: Jorge Moncada performing vision screening. • Byron Pineda, CAMO employee, screening the children for hearing issues. • Bianca measuring height and weight of the children as part of the nutritional screening. • CAMO volunteer dentist providing fluoride treatment to the children.**





# The Academy of Professional Excellence is Going Strong

The Academy has been hugely successful, becoming a real asset to the educational community at all levels.

Six elementary schools now use the computer lab for two hours per day per school. An LPN nursing school has moved to the Academy full-time. The Academy also serves as the National Training Center for the American Heart Association and the sole provider for the Honduras Medical Association, training 1,500 medical professionals annually (including physicians, surgeons, nurses, therapists, paramedics, and first responders) in certified CPR and AED, Advanced Cardiopulmonary Life Support (pharmacology and acute coronary care), and Pediatric and Neonatal Advanced Life Support.

Special thanks to the Orrville Rotary and twelve other partnering Rotary clubs for a \$60,000 Rotary International grant that enabled CAMO to obtain high technology SMART STAT trainer mannequins (adult, infant, and newborn) and iPad technology to simulate multiple medical interventions. Anticipated outcomes include increasing the knowledge and skills of medical professionals, doubling the certified trainers, and expanding the number of professionals trained to 2,500. Through these interventions we hope to decrease maternal, infant, child, and adult mortality in Honduras.



Students in their weekly computer classes at the Academy. • Medical doctors being certified in CPR. • Dr. Maria Ortega being trained with new technology bracelets which measure their performance.

## Update on Nursing Procedures Training

In April, we noted that CAMO had published six hundred copies of the first nursing procedure manual in Honduras, the “Standardization of Nursing Protocol.”

Because many Honduran universities adopted the manual for their nurse training, we now have fewer than fifty of these books left and need to publish more. Private hospitals also recognize the manual’s value and have begun to request that CAMO provide continuing education courses for their nursing staff.

CAMO is thrilled to have given such a valuable tool to the nursing profession. Special thanks to Aultman College of Nursing and the Honduran nurse delegation who visited the USA for a full month and dedicated so much of their time to make the manual a success. Many thanks also to the staff in Honduras, who spent hours formatting and editing the manual in preparation for publication. To our major funders of this project: the SG Foundation and United Titanium—we will never know how many lives will be saved and how much suffering eliminated through the use of correct nursing procedures.



Future nurses in training use the new manual of nursing protocols. • Nurse in the Academy lab practicing dressing change techniques.

# A Long Journey

**Cytotechnologists perform ninety percent of all Pap smear readings in Honduras—and yet no cytotechnologists have been trained in Honduras in twenty years.**

Although three million Honduran women need screening for cervical cancer, there are only thirty-three working cytotechnologists in the entire country, most of whom are nearing retirement. Therefore, CAMO began working to train more cytotechnologists but faced a complex set of obstacles in doing so. No matter what the challenges and complexities, though, we stayed focused on our goal of providing quality health care to Honduran women; after years of tenacity, for every problem we ultimately found a solution.

Two years ago, we finally selected five individuals to be trained in cytotechnology. Today, three have completed their formal training and are back in our lab in Santa Rosa for a final three months under the supervision of our pathologist. We have invested \$48,000 in this process. It has been a long journey, but one well worth fighting to bring these vital services to the women of western Honduras.

All too often, women only learn that they need treatment through our medical brigades to rural areas, when CAMO's staff work to raise awareness of cervical and breast cancer

prevention. In the past year, in one of the many communities we serve, we provided cytology screening and other services to 410 women. Sadly, biopsies revealed that twenty of these women had cancerous lesions needing urgent medical treatment. These mothers want to watch their children's soccer games, watch them grow up, and celebrate their high school graduations. Through our program, they will have that chance. Women whose screenings reveal abnormalities are sent to CAMO's programs in Santa Rosa de Copan for crucial services, including x-ray exams, mammograms, ultrasounds, cervical cancer screening, removal of lesions, and follow-up treatment.

Without our help, rural women in Honduras cannot access these lifesaving interventions. They have faith in us. We too, have faith—in the generous support of you, our donors. With your support, CAMO is able to screen a few more women, provide a few more treatments, and save a few more lives every year. Together we can do so much more for women and children in Honduras. One colposcopy is only \$40.54, one cryotherapy is only \$54.05 and this small sum can save a life.



In Santa Rosa Lab soon-to-be-certified cytologists: Jennifer, Tania, and Gabriela.



**MUSICAL  
INSTRUMENTS  
NEEDED!**



**PLEASE CHECK  
YOUR CLOSETS  
& ATTICS!**



**MANY THANKS TO  
HELPING HANDS!**



**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





West side of the construction with multi-purpose room, welding, and carpentry.



## Trade School Update

We continue to add classrooms to the school as funding comes in.

The carpentry, welding, and multi-use modules are now built and awaiting installation of the electrical system. Once these classrooms are fully operational, our planned renovations will be more than halfway done!

Meanwhile, classes continue in the older areas of the school. From January to June of this year, 263 students have been trained in skills that include food preparation and baking, cosmetology, and computer software, as well as other fields. Our graduates go on to become baristas and bakers, seamstresses and tailors, office workers, and electrical technicians.



South side construction of the Trade School.



WE LOVE  
HELPING  
HANDS!

### Help Our Dental Program by Providing Dental Kits

IT'S A GREAT ACTIVITY FOR ANY GROUP!

DENTAL KITS INCLUDE:  
toothbrush, toothpaste, dental floss, wash cloth  
and bar of soap.



CALL THE CAMO  
OFFICE AT  
330.683.5956  
FOR MORE  
INFORMATION



# Many Volunteer Hands Continue to Make CAMO Possible

Every week we are amazed at how many truckloads of medical supplies and equipment come through our doors.

In June alone, we received a digital mammography machine from Wooster Community Hospital, two ultrasound machines, a digital reader to convert film into digital form from Aultman Orrville, another digital reader from Salem Regional Hospital, and several ultrasound machines and repair kits from Wave Imaging. A retiring cardiologist donated two echocardiogram machines, and a Zeiss Micro Surgery Scope showed up from our eye program counterpart. These are just a few of the amazing gifts we've received—and there are so many more arriving in shipments from Seneca Medical, Columbus, and the Canton/Akron area.

As you can imagine, the warehouse has been buzzing with activity: new groups

of volunteers have joined us to crate the donations and Gary Brown, who just retired, now volunteers several days a week to repair and refurbish used dental equipment; other volunteers help with all kinds of activities. Meanwhile, our board members are actively involved in fundraising efforts and in staffing the committees that organize our events. 2018 has blessed us.

## *But there is always more to do!*

Please don't sit at home and believe you have nothing to offer—everyone can lend a hand. Just call us and we'll find a place for your skills and talents. Stacey Underwood is our Volunteer Coordinator and you can reach her at 330-683-5956 ext. 2002.

### CAMO AT A GLANCE

January through  
May 2018

**75,793**  
patients served

**2,971**  
boxes shipped

**1,266**  
students given learning  
opportunities

**520**  
volunteers

**51**  
organizations helped with  
medical supplies and donations

**636**  
pieces of equipment  
repaired/donated



Clockwise: John Croft, longtime volunteer, works with the prosthetic titanium rods for the prosthetic program in Honduras. • Loading the donated medical equipment from Wooster Hospital. • Biomedical Engineer German Barcenos and Biomed Tech Bob Warner de-installing the Mammography Machine from Wooster Hospital. • Literacy volunteers work at labeling over 750 books.



## UPCOMING EVENTS



SEPTEMBER 2018: Shipment to Honduras

OCTOBER 2018: Small delegation to Honduras

# CAMO's 10th Annual Salsa Sizzle

AUGUST 18, 2018 | THE WOOSTER INN

Mark your calendars for CAMO's 10th Annual Salsa Sizzle on Saturday, August 18 from 6–11 p.m. at The Wooster Inn. The night will be filled with live Latin Jazz music, delicious Latin-inspired food, a celebrity bartending competition, and both a live and silent auction. Last year, this event raised \$42,519. The goal this year is \$45,000.

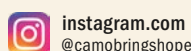
All proceeds benefit the programs serving those in urgent need. The Salsa Sizzle fundraiser allows CAMO to keep the doors open at the domestic violence shelter and allows CAMO to continue supporting our twenty-one programs serving the working poor in Honduras.



# Wayne County Fair

SEPTEMBER 8-13 | LOOK FOR BOOTH #20 IN THE COMMERCIAL BUILDING

VISIT CAMO.ORG, FACEBOOK, OR INSTAGRAM FOR MORE INFORMATION.



# Evening of Jazz *Formerly Cruise for a Cause*

SEPTEMBER 29, 2018 | 3RD STREET GALLERY | 220 3RD ST. CARNEGIE, PA 15106

JOIN OUR BENEFIT FOR THE  
**RESPIRATORY  
PROGRAM**

Live Jazz • Hors d'oeuvres • Beer & Wine  
Silent Auction • 50/50 Raffles

7:00–10:00 PM • \$50/person • RSVP to **Susan Shetter** before September 1, 2018  
Phone: 724-396-6482 • E-mail: [suzishetter@hotmail.com](mailto:suzishetter@hotmail.com)

SPONSOR OPPORTUNITIES AVAILABLE • CALL FOR INFORMATION



## EVENT UPDATES

13TH ANNUAL

# Golf Scramble

We had a great day, with the rain holding off until the last fifteen minutes. Twenty teams participated, and fifty-one sponsors donated. Thanks to all the volunteers, staff, and participants—we were able to net over \$23,000!



JUNE 2018

- Our new website went live! Visit us at CAMO.ORG
- Two 40' containers shipped





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## Give A Gift That Really Matters!



### Help CAMO continue to provide life-saving and life-changing services in Honduras.

Throughout the year, consider saving the money you might spend on something conventional—instead, put your money where it counts. Think about that expensive daily coffee habit; the cost of just one cup could buy a book for our literacy program. Or consider the gift of caring; reimagine gift-giving for yourself and your loved ones by donating in memory or in honor of someone special.

*Your help is vital to keep providing life-changing services to those in the greatest need.*

Visit [camo.org](http://camo.org) or call the CAMO office 330-683-5956 for more information.



Like **Central American Medical Outreach** on Facebook and SHARE with your friends!



Be a part of CAMO's exciting journey by subscribing to the **CAMO USA** channel



Follow **Central American Medical Outreach** on LinkedIn

### WAYS YOU CAN HELP

#### Make a donation • Host a fundraiser!

Need ideas? Call the CAMO office or email [camo@camo.org](mailto:camo@camo.org)!

#### Volunteer onsite or offsite

CAMO needs volunteers!

#### Your legacy could include CAMO!

Please consider including us in your estate planning.

#### Know someone who would like to learn about CAMO?

Please send us their contact info!

#### Find CAMO on Facebook

Invite your friends to learn about what we do!



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

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