



# CAMO

*A different kind of aid organization*



Winter 2021 • Volume 30 • Issue 3

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

## Thoughts from USA Executive Director and Founder

by Kathryn Tschiegg

**In Honduras today I was taken back by a story I heard—not because it is extraordinary, but because of what this patient is grateful for.**

Perhaps we can learn from this humble man. His words got me thinking about the many reports I review daily, from simple Facebook posts, staff reports, and memorandums of understanding to more complex documents about special patients with special needs or governmental contracts.

The constant input of information can be overwhelming and make us feel we have no time for more. After being away from Honduras for some time, I can understand how we get so caught up in the lifestyle of the USA. But Oscar's story brought me back to the basics, the things we should consider on a daily basis.

Oscar, 48 years old, suffered from a trauma to his eyes and started losing his vision. On his visit to the ophthalmology program, doctors determined that he needed a corneal transplant and treated him immediately. What moved me was his comment to staff on his return visit. His vision restored, Oscar shared his joy: "I can finally see again the letters of the bible. I am so happy that I can continue reading the word of God."

I have wondered how many of us would choose this to be grateful for, and how much better the world would be if we were all so committed to our daily devotions, seeking above all else, to be the best human being possible. Many of us store up things for ourselves, whether in the form of assets, relationships, or accomplishments—but how many of us invest in seeking to become good and wise people? And yet that is something that no one can take from us, even on our most difficult day.



Oscar during one of his follow up sessions with our eye care program.

**Thank you, Oscar, for this moment of contemplation.**



### STAY CONNECTED

For more inspiring stories, updates and information about CAMO, visit our web page: [www.camo.org](http://www.camo.org), Facebook or Instagram

# Advanced Life Support and Respiratory Training Play A Vital Role in Saving Lives

From April 2020 to September 2021, CAMO provided free training to 423 medical personnel.

During the pandemic, face-to-face classes in respiratory therapy have been held at Hospital de Occidente de Santa Rosa de Copán, Hospital Juan Manuel Galvez in Gracias Lempira, Hospital Tela Integrated in Tela, Atlántida, Hospital de El Progreso, Yoro, and Hospital Basico San Marcos de San Marcos Ocotepeque.

We also provided training through a virtual Zoom congress, which reached an estimated 423 participants. Since the training was free of charge, CAMO donated L.716,200 (USD \$29,232.65) in education—but the lives that will be saved as a result of this training are invaluable.

The following account comes from one of our trained doctors, Dr. Fernando Garcia, explaining its impact on him.

“As happened in the rest of the world, Honduras also suffered the impact of Covid-19 in its already collapsed, antiquated public health care system. Acquisition of oxygen was difficult and containment nearly impossible due to the disbelief of the population that Covid-19 infection was real. And once they did believe, and sought help, little could be done. The lack of education of the population led to disbelief in a real and serious health care issue; the scarcity of

specialized medical staff, lack of oxygen supply, and no basic training of general doctors in critical care made the perfect scenario for chaos. Now that you are aware of all the “bigger” difficulties that we had to deal with, let’s talk about the “little ones.”

As an Internal Medicine Resident, I received training on critical care and invasive mechanical ventilation in the last year of my formation. My experience in the escalation of oxygen therapy, high flow and noninvasive ventilation was none. In that way, general practitioners and I were equal. I began to work in a Hospital Occidente during the last trimester of 2020; only one of three of my superiors had experience with management of a patient on a ventilator. That proved to be a great obstacle.



Doctors trained by CAMO's education program providing patient care at the COVID ward at the Western Hospital in Santa Rosa de Copan.



In Honduras, respiratory therapy is not recognized as a profession, and Intensivists are scarce and cluster themselves between the two main cities of the country: Tegucigalpa and San Pedro Sula. This leaves the rest of the country under the care of General Medicine doctors, physicians who had almost no experience in critical patient, not to mention respiratory therapy. The government tried to solve this problem by writing “national guidelines” to guide those attending Covid-19 patients. Unfortunately, those guidelines were not updated constantly, and again, did not mention anything about oxygen therapy.

It was mid-September 2020 when I was contracted by CAMO, along with three others, to serve in the Covid-19 ward. Our team of four physicians was assembled to cover the room for 12-hour shifts. I was a member of the morning shift. At the same time, CAMO was involved with Zoom education, making respiratory therapists, internists, PhDs in nutrition, and nurses from the USA available to Honduran doctors via online meetings held at the CAMO Foundation Honduras. That

support turned out to be truly essential in management of our patients. They clarified our doubts, and we had 17 weekly meetings on adequate sedation for NIV and the importance of nutrition in patients that were in a prolonged fasting state while in critical condition. They were even available for consultation when we had a patient so complicated that we couldn't manage their care on our own. The success was such that during the week, patient deaths were close to none. Unfortunately, CAMO-contracted physicians were not available on weekends, during which some of the patients deteriorated and lost their battle. As a countermeasure, the team decided to perform algorithms for some complications that the patients could develop, to predict how best to handle their care. We also developed an oxygen therapy algorithm and described some criteria for escalation in the different interfaces that we had available. We even detailed how ResMed's CPAP machines and ventilators had to be programmed according to specific needs.

Our measures were a success. Death rates decreased and our measures proved



**Dr. Fernando (wearing gray sweater and glasses) receiving ResMed training at CAMO's facilities earlier this year.**

to work, at least in our Covid-19 ward. Local guidelines with aggressive oxygen therapy showed that the progression to complicated pneumonia was rare, and those who arrived with complications now had a chance to recover. During those three months our efforts paid off: lives were saved. Unfortunately, CAMO's contract with the Ministry of Health ended in July of 2021 and none of our trained team continued to work on that ward in 2021.”

## Literacy Program

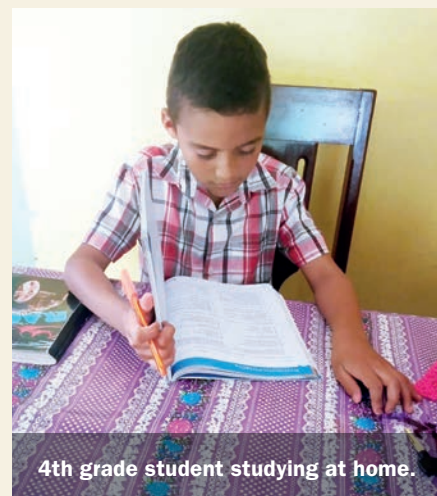
**The Literacy Program has been going strong for more than six years.**

13 schools are now in the program, with 13 libraries, and textbooks are now integrated for each student in each subject area for grades 1-4. We remained on target with our plan, even during the pandemic. Teachers have seen such an impact on grades 1-4 that they have requested we speed up our plan to purchase the textbooks for grades 5 and 6, which had not been projected to happen until 2022.

During the pandemic shutdown in Honduras (from mid-March 2020),

schools were closed and education was to be delivered virtually, as ordered by the Honduran Secretary of Education; however rural students' lack of access to Wi-Fi, computers, tablets, phones or even textbooks presented teachers with a real challenge. Only 17% of the population we serve has access to internet. In order to reach their students, teachers had to visit each student's home to give them their weekly lessons.

CAMO worked with teachers to develop a work plan for the reintegration



**4th grade student studying at home.**

of students in schools; the plan is for a gradual return to face-to-face education by implementing a biosafety protocol in the schools.

CAMO's goal now is to provide children in grades 5-6 with textbooks in all four core academic subjects: Math, Spanish, Science and Social Studies. The cost of doing this is \$29,000. We have raised \$26,000 to date, so our outstanding need is \$3,000. Please join us to provide these vital learning tools to the children in the poorest rural areas.

**Jose Bautista, Fundacion CAMO Director, with teachers of the 13 rural schools supported by CAMO, received textbook donations for grades 5 and 6.**



## Shelter Project Update

Home unit construction continues. Below is the summary of the achievements as of October 11, 2021:

- Families are helped with ownership of land parcels
- Cement foundations and pads installed: 410 of the 441 planned units
- Frames completed: 402 of the 441
- Home units completed: 336 of the 441
- Latrines completed: 15 of the 439
- 439 “Buckets of Care” delivered
- 300 mattresses delivered



Jazmín Roxana Mercado Lemuz with her husband and daughters in their new home.

In addition, 102 families who do not own land parcels and who are located in public Recovery Zones have been supplied with fabrics and other materials to assist them in building shelters (Habitat for Humanity is our counterpart in this project). Special thanks to the Seaman Corporation for another donation of material (valued at over \$24,000), which will allow us to complete all 441 of our planned home units. This material should arrive in Honduras by November 12.

## Vitamin Angels

We have been so fortunate to have support across the globe. Vitamin Angels has been a partner with us for three years, providing the following list of medicines and vitamins:

- Albendazole 400 mg: 23,000 beneficiaries
- Multivitamins for Pregnant Women: 7,938 beneficiaries
- Vitamin A (children 6-11 months): 7,500 beneficiaries
- Vitamin A (children 12-59 months): 20,000 beneficiaries



CAMO's team delivering the vitamins and medicines donated by Vitamin Angels to the different health centers.

Distribution of these medicines was made possible through 38 maternal and child health centers and clinics.



# From the USA to Honduras

We have been shipping a container monthly so the flow and change of supplies has been moving rapidly without untimely delays.

We are very thankful to the Ministry of Finance, Ministry of Health, ARSA (their FDA branch) and our attorney in Honduras for making this possible.

Some of the most important, urgent equipment was the donation of an incubator to the COVID room for infected and delicate newborn babies; and Neopuff, an easy-to-use manual gas flow resuscitation device suitable for the controlled and precise resuscitation of neonatal babies, in the delivery room, neonatal ward and neonatal intensive care units. Monica Coventry, an NICU nurse, and Tim Larson, a respiratory therapist, also provided education by Zoom.

We know that the impact of this donation will be reflected in the lives of newborns saved.

PPE donations continue to provide the COVID ward and the triage staging area in the community gym with disposable supplies and respiratory supplies.

Also, 1,000 buckets of care have arrived, along with 100 five-gallon buckets of food and medical grade nutritional bars for treatment of 70 children, all provided by Harvest Call.

The fire departments of Santa Rosa de Copán and Gracias Lempira also received support equipment for rescue and emergencies.

The trade school received a crate full of carpentry equipment and tools donated to ETAOO.



Clockwise: The fire department of Santa Rosa de Copán loading the donations received at our facilities in Honduras. New neonatal incubator in use at the COVID neonatal ward in Santa Rosa de Copán. CAMO team in Honduras unloading a container received.

## Foundation for the Development of the South Zone (FUNDESUR)

The FUNDESUR is the social arm of the shrimp industry based in Choluteca, Honduras (South Region).

They made their first donation in 2020, after a visit to CAMO in Santa Rosa de Copán. We shared with them the shelter project (individual home units) we were developing in El Progreso, Yoro. They donated medicine to the health center in Amapa El Progreso, Yoro, then made another donation in September, to be distributed in 17 health centers and two hospitals. The recent donation of medicine amounts, in value, to \$228,968.00.

The following is the list of medications donated:

- Ampicillin for Injection 1 Gram
- Theophylline Anhydrous 600 Mg
- Voriconazole Tab 200 Mg
- Prednisone 5 Mg
- Heparin Sodium Injection 5,000
- Acyclovir Oral Susp. 200 Mg
- Itraconazole Cap 100 Mg
- Atenolol Chlor 50/25 Mg
- Metronidazole Tablets 250 Mg/500 Mg



# The Voices of Our Patients

## Wheelchair Program

Over two days in August, our USA Executive Director/International Director, Kathy Tschiegg, traveled to visit the shelter home unit sites. While visiting more than 20 homes and families in this two-day period, Kathy and CAMO staff identified many other needs beyond housing.

Dona Dalila was one of those individuals. As our director spoke to her, she learned that Dona had been in an accident years prior and had her spinal cord severed; she had been confined to a bed ever since. On top of that, she is diabetic and lost her humble home and all of her belongings during the hurricanes in November of 2020. When asked if she was able to get out of the house, she showed us a very small, broken wheelchair. CAMO staff were able to provide her with a wheelchair that fit her, as well as a mechanical hospital bed allowing for elevation of the head.

In the last week of September, the wheelchair arrived; in October, the bed will arrive from the USA. Dona will now be mobile, both in her home and beyond. Overall, we have provided 599 mobility devices during the last fiscal year.

**Top right: CAMO's team giving Dalila her new comfortable wheelchair. Right: Dalila at her housing unit during Kathy's visit (before receiving her new wheelchair). Far right: A happy Dalila trying her new wheelchair provided by CAMO.**



## Pediatric Cardiology Program

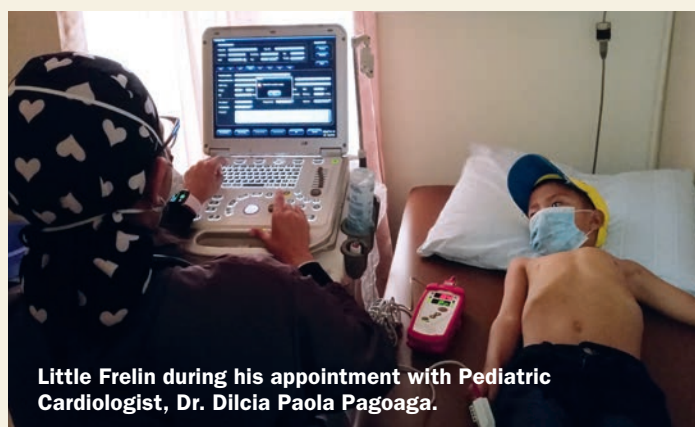
Frelin is five years old, the youngest of three siblings. Frelin was anxiously waiting for his CAMO appointment, asking repeatedly when his family would travel to CAMO. He told his mother he did not want to die.

On September 2, he was seen in general consultation with Dr. Cristina Sequeira, presenting symptoms of rapid palpitation of the heart and chest fatigue; Dr. Sequeira immediately referred him to our Pediatric Cardiology program with Dr. Dilcia Paola Pagoaga.

After an echocardiogram, Frelin was diagnosed with Tetralogy of Fallot, a birth defect that affects normal blood flow through the heart. He is now waiting for the necessary surgery to correct this defect—but before the surgery can safely be performed, he needs dental care and other medical treatments, which CAMO is providing.

Hearing a five-year-old say he is afraid of dying, and being able to provide this little one with appropriate care, motivates us daily to serve. Frelin now has not spoken of dying and is receiving the appropriate care in preparation for his pending surgery.

*Hearing a five-year-old say he is afraid of dying, and being able to provide this little one with appropriate care, motivates us daily to serve.*



**Little Frelin during his appointment with Pediatric Cardiologist, Dr. Dilcia Paola Pagoaga.**



## Orthotic and Prosthetic Lab

Heidi Marisol is from a small village called La Encarnación Ocotepeque, Honduras. Her father carried her to our facility asking for help with her clubfeet which made it hard and painful for her to walk around and play like any other kid.

Dr. Marco Tulio Rodriguez provided an orthopedic evaluation. Immediately, our orthotic and prosthetic lab started to design a pair of special comfort and containment orthotic devices for her. After several appointments, we also noted that Heidi had nutritional needs; she was placed under the care of our nutritionist Bianca Ramirez.

Heidi finally received her orthotic devices. After trying them for the first time she couldn't stop dancing and spinning around. With a twinkle in her eyes she told us she wants to be a ballerina when she grows up.

Our team recently visited Heidi at her home. Her mobility has improved so much; she now feels comfortable walking around.

*Thank you to everyone who chooses to support our cause: to bring hope to those in great need.*



**BEFORE**  
Heidi's feet condition.



**AFTER** Heidi with her devices designed especially for her.

*After trying her orthotic devices for the first time Heidi couldn't stop dancing and spinning around. With a twinkle in her eyes she told us she wants to be a ballerina when she grows up.*



Heidi Marisol at CAMO's orthotic and prosthetic lab the day she received special comfort and containment orthotic devices.



Heidi with her parents at their home in La Encarnación Ocotepeque three months after receiving her orthotic devices.



# Our Dental Program Reinstated

At long last, after 14 months without being able to send our mobile dental program out to the schools and villages to provide dental care to the population, we reinstated our program this summer.



The majority of rural villages and population depend entirely on the public health care system; since most public dental clinics have not been providing service, the majority of patients were left without any dental care options.

Beginning in July 2021, we reinitiated our dental program, sending two brigades out per week. The mobile team consists of four dentists and support staff, traveling to ten different municipalities. Sadly, this 14-month gap in service had consequences: an average of 17 of the 40 patients seen on each brigade had teeth that could no longer be saved. When children were asked if they continued to brush their teeth, they explained that their

parents have not been able to purchase toothbrushes and toothpaste. The result has been a great increase in cavities in both children and adults.

CAMO serves one of the poorest regions of Honduras, where many children lack basic dental care or cannot attend school because the family must decide between buying food, buying basic supplies like toothbrushes and toothpaste, or buying uniforms, notebooks and pencils.

Now that our brigades are going out to the villages again, your help would be appreciated in organizing your groups or family to make dental kits for us or support the literacy program.

**Left: CAMO's mobile dental program setup at the different schools of the rural villages.**

**Right: A little girl receiving anesthesia before tooth extraction during a dental brigade at Las Flores, Lempira village.**



**WE LOVE HELPING HANDS!**

Help these children receive the tools they need to care for themselves and receive an education!

[www.camo.org/get-involved/in-kind-donations](http://www.camo.org/get-involved/in-kind-donations)



## 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 a bar of soap.



**CALL THE CAMO  
OFFICE AT  
330.683.5956  
FOR MORE  
INFORMATION**



# Program Updates

## Ophthalmology Program

Honduran volunteer ophthalmologists continue with eye evaluations and surgeries and are conducting mobile clinics for early detection of glaucoma. The evaluations have been carried out in Santa Rosa de Copán in the ophthalmology program, as well as visits to the three SRC health centers and in brigades in eight municipalities. To date, 669 patients have been evaluated, detecting 96 patients with glaucoma. Glaucoma is one of the leading causes of blindness in Central America.

USA Ophthalmologist Kevin Waltz continues to travel for short surgical days working with the ophthalmology program.



**USA Ophthalmologist, Dr. Kevin Waltz, alongside Honduran Ophthalmologist, Dr. Marco Robles, performing a cataract surgery at the new eye care program facilities.**

## Neurosurgery Program

Dr. Roberto Álvarez, counterpart of the neurosurgery program and president of the CAMO Honduras Board of Directors, has been participating in the Annual Congress of the Spine in Boston (North American Spine Society, 36th Annual Meeting, NASS 2021).

Recently this program invested in a trans sphenoidal set to perform surgeries in which instruments are inserted through the nose and the sphenoid sinus to extract tumors in or near the pituitary, as well as a micro discectomy set for lumbar hernia surgeries.

Dr. Álvarez already has patients on a waiting list for surgeries to be performed from the second week of October using this equipment.



**Dr. Roberto Álvarez performing a life-saving surgery.**

## CPR Program

We provide the training of the American Heart Association in Honduras. Currently in the program we have BLS, PALS and ACLS instructors.

So far, 776 participants have been trained in CPR in this fiscal year (May 2021-to date). Of the 18 departments of Honduras, we have been able to train people from 15. The three departments which have not yet participated are Gracias a Dios, Choluteca and Valle.



**CPR & ACLS training session.**

# Opening a New General Medical Program

**It began on September 1, 2020.**

People started lining up at the CAMO office door in Honduras, desperate for any help. This increased demand resulted from restrictions on care by the largest health care clinic, Vicente Health Center Fernández Mejía. Swamped by COVID patients, they stopped providing any services other than COVID care.

With the addition of UNITEC's Social Service physician, Dra. Cristina Sequeira, our clinic has grown, attending patients Tuesday through Friday. This general medicine clinic provides general exams, medicine, EKG, cytology, breast examination, family planning counseling and referral as needed to specialized programs.

Dra. Cristina's social service lasts 6 months and ends in the first week of October. She will be replaced by Dr. Jorge Brito, who will continue with the general medicine program.

# Management of Ministry of Health and World Bank Funding – CAMO and COVID-19

We have completed our contracts and have been asked to help administrate another one, initiated September 1st.

The total amount of funds managed will be 2.7 million dollars. Through this funding, three hospitals and two departments of Honduras were supported in their response to COVID-19.

CAMO added to the value of this by providing, at no charge, training of 384 doctors and nurses in respiratory management of the COVID patient. Twenty-four institutions received donated PPE supplies, while five hospitals received high flow VPAP machines and training.

Service Rendered	Number of people treated
Rapid COVID 19 Test (Home visits in rural areas)	57,732
Treated at Triage (Community Gym)	15,606
Hospitals (3)	8,731
Patients supported on ventilators	734
Medical doctors and nurses employed under the contract	265



## PLANNED GIVING

SO MANY WAYS TO GIVE TO CAMO



### Transfer Your Assets

- Make a Gift directly to CAMO or to one of CAMO’s Organization Endowment Funds via check, or transfer funds from your Donor Advised Fund:

#### THE COLUMBUS FOUNDATION

[columbusfoundation.org/the-giving-store/nonprofits/](https://columbusfoundation.org/the-giving-store/nonprofits/)

Lisa Lynch, CAP

Associate Director for Donor Services

Phone: (614) 251-4000

#### THE WAYNE COUNTY COMMUNITY FOUNDATION

[waynecountycommunityfoundation.org](https://waynecountycommunityfoundation.org)

Sara Patton, Executive Director

Phone: (330) 262-3877

- Give a Gift of Stock directly to CAMO
- Make an IRA-to-Charity/Qualified Charitable Distribution (QCD) to CAMO to satisfy your required minimum distribution of your tax-deferred retirement account

### Leave a Legacy Gift to CAMO: Remember CAMO in Your Estate Planning

Every day, CAMO makes a difference, providing health care, education, and so much more to the disadvantaged people of Honduras. We count on your generous contributions so that we can save lives. But did you know that with thoughtful planning, you can advance your own estate planning while helping CAMO to provide essential services, not just now but far into the future?

Let’s say your annual gift to CAMO is currently \$2,250. If you designate a \$50,000 endowed gift to CAMO in your will, it will yield \$2,250 annually at 4.5% yield. Thus, the annual yield will be equivalent to your annual gift to CAMO. Your planned gift will allow CAMO to continue saving lives and help countless more people in the future. Your gift will keep on giving!

If you would like to include CAMO in your will, please discuss with your estate planner. If you have already made a planned gift to CAMO, please let us know. We want to thank you and ensure your wishes are met. We have a privacy policy for all of our donors; you can find this policy on our website: [www.camo.org](https://www.camo.org)



# Salsa Sizzle Results

Thank you to all who participated in the online activities!  
Through sponsorships, donations and the online auction, we raised \$49,388.



## Salsa Sizzle

ONLINE

**Thank you from the Board of Directors:**

Ron Taggart: President  
Ruth Brown: Vice President  
Morgan Durst: Treasurer  
Brent DeVore: Secretary  
Glenda Lehman Ervin  
Beth Miller  
Kathy Tschiegg

**The Salsa Sizzle Committee would like to thank everyone for their support:**

Rachel Relle, Co-Chair  
Judy Seaman, Co-Chair  
Beth Miller  
Kim Seaman  
Jennifer Burke  
Kathy Tschiegg

**Special Thanks to Our Sponsors**

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Jarrett Logistics

**\$ 250 and above**  
John and Judy Thomas  
Dutch Kitchen (LincWay Kitchen LLC)





## UPCOMING EVENTS!

- ▶ Shipment November
- ▶ Giving Tuesday: November 30
- ▶ Oct 16 -Nov. 12:  
Executive Director in Honduras  
for evaluation of future teams  
and safety of travel.
- ▶ Shipment December



**CAFÉ CAMO**  
WAKE UP WITH CHARITY  
IN YOUR HEART!

### PURCHASE AT [SHOP.CAMO.ORG](https://shop.camo.org)

Select the **SHOP** link and we'll take care of the rest.

CAFÉ CAMO can also be purchased at:

- CAMO offices
- Shisler's Cheese House
- Lehman's Hardware in Kidron
- RoomScapes in Wooster
- Runion Furniture

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## Give A Gift That Really Matters!



For Christmas this year, re-imagine gift giving by helping CAMO continue to provide life-saving and life-changing services in Honduras. Don't know what to get that special someone? You can personalize a gift card for that special person.

**Call our office at 330-683-5956 to order our Christmas gift cards and we will send them to you or your loved one.**

As you can see, we have been focused on saving lives. How about giving the gift of life? CAMO directly provides patients with approximately 126,620 medical services every year! Donations can be made online for your convenience.

Visit [CAMO.org](http://CAMO.org) to find out how you can become more involved.

Visit **CAMO.ORG** or call the CAMO office **330-683-5956** • Fax **330-313-1001**



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See CAMO's story as it unfolds. Follow **camobringshope** on Instagram



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.*