

THE PHOENIX FLYING SAMARITANS

ANNOUNCING OCTOBER 2011

WAKE UP

Don Downey, editor



Surprise! We are doing a hard copy of the news letters again. You can expect to get one about 5 times a year, that is if you renew your membership. This one is a wake up issue. Lots of you have been asleep and sending out an email doesn't always wake people up. We want you back and making trips again. Yes we know that the economy sucks, but a weekend away is great, even if you get to work a bit, the change is good for you. And we are tax deductible. For those of you that help us by being a member and don't travel, we have a new way for you to help. Our pharmacy meds cost us about \$500 per trip and our dental supplies cost us about \$250 per trip. We are looking for **\$ponsors** for these items. Pick either one (both are ok too) and send us a check. It is always more fun to make a donation if you know what it is used for. We have some nice portfolios with our Flying Sams Logo and we will send one to the first 15 sponsors. If those amounts put your donation budget out of whack take a look and see what amount you can do.

Fear, in one of the recent issues of Men's Health the title of one of the articles was "Give Fear the Finger" I liked that and knew it fit with what I planned to write but decided it might not look good as a heading in this news letter. There are some of you that have a fear of flying, but still get in that airplane and head south, yep, you are giving fear the finger. But the big FEAR I am talking about is the Mexiphobia. The news papers and TV have a pet saying, "If it bleeds, it leads". They have almost ruined a lot of the tourism in Baja (San Diego papers are the worst offenders) because

they make you think that it is like the old west where every one is running around shooting people that look at them wrong or smile at their girl. In reality Baja has the same murder rate as Wyoming and Montana, which are two of the safest states in the Union. How are we going to help you put that fear at bay? The State Department has a web page or pages on travel. On the main page is the "Don't go there places" and you can read about any place you want. Well I am and will be reading that every week or two and always before a trip.

What does the State Dept have to say about Mexico?

"Millions of U.S. citizens safely visit Mexico each year, including more than 150,000 who cross the border every day for study, tourism or business and at least one million U.S. citizens who live in Mexico.

There is no evidence that U.S. tourists have been targeted by criminal elements due to their citizenship. Nonetheless, while in Mexico you should be aware of your surroundings at all times and exercise particular caution in unfamiliar areas.

*Violence along Mexican roads and highways is a particular concern in the northern border region. As a result, effective July 15, 2010, the U.S. Mission in Mexico imposed restrictions on U.S. government employees' travel. U.S. government employees and their families are not permitted to drive from the U.S.-Mexico border to or from the interior of Mexico or Central America. **Travel by vehicle is permitted between Hermosillo and Nogales.***

There are several pages covering all parts of Mexico and guess what. None of the places we travel to are mentioned. They do recommend that if you are driving to Rocky Point that you cross the border at Lukeville and not travel Mex 1. One of our Tucson members sent me a contact for a

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person in Home Land Security that is in charge of information and we will be in touch with him before each clinic.

Craig Albright's article will tell you about the new Arizona Flying Samaritans. I have asked each of the Coordinator's to help make this a recruiting issue. I know all of you are familiar with the Flying Samaritans, so read this and then pass it on to your dentist, doctor, chiropractor, optician, bilingual friends, and that friendly person at your bank or store. Let's make this our greatest year

From the desk of our President

Dennis Gerlach.



I look forward to working more closely with a group whose achievements are a tribute to the coordinators and the many other dedicated volunteers. A recent

meeting helped me appreciate how efficiently and effectively the clinics have been organized and how we have kept a very sharp focus on the clinic and helping those we serve. The active support of volunteers in Lopez Mateos and the surrounding area has also been a key to success.

My Samaritans history - I was recruited by Joe Patterson and the very persistent Joe had a bit of struggle. Though I had some experience flying to Mexico, he had to overcome serious reluctance to operate on unpaved airstrips. The first trip my wife Mary, Twin Comanche 69Y and I made was June 2008. The last of 69Y's 17 clinic trips was October 2010. January of this year was the first of Twin Cessna 1TJ's six clinic trips to date. (A recruiting tip – persistence may be rewarded or may result in a restraining order, more on that later.) While Mary interprets, I have served as one of the clinic's repairman and pill counters.

The way forward - Remaining efficient and focused on the clinic has served us well and will do so in the future, but we are facing a time where recruiting new members is very challenging. I believe we need to evaluate our approach to attracting new talent and keeping them engaged. We welcome suggestions, including those from the newest members, that will make it easy and welcoming to become an active participant. Also, please help us find 'easy sells', for example, individuals or groups who routinely travel to Mexico or who have connections to Mexico that would make them more inclined to help.

Small actions make important contributions. A thoughtful answer to "What did you do last week end?" or not missing the opportunity to approach your own health care providers can make a difference. I look forward to your support and guidance. By the way, the earlier innuendo, the restraining order, that was just a sneaky trick to get you to keep reading.

Dennis

A Shift in the Wind

by Craig Albright, Treasurer, *Flying Samaritans Arizona*



Many of you may not realize that for the past 1 ½ years, the two Arizona chapters of Flying Samaritans (located in Phoenix and Tucson) have been working together to restructure our portion of the organization and form a new corporation. We're still the same folks providing the same wonderful services to the same gracious patients down in Baja. Nothing about our mission and the way we deliver free healthcare to the underserved populations in Mexico has changed. And, of course, we will be a 501(c)3 organization in the eyes of the IRS. That allows each of us to treat our mission costs as tax-deductible expenses. In fact, except for a name change, the organizational

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modifications will be invisible to most of our membership! We'll be known as ***Flying Samaritans Arizona*** rather than *Flying Samaritans*. This fundamental change was accomplished with the consent and cooperation of the existing, California-based *Flying Samaritans* organization.

Why the change? As you probably know, we have a long and successful history of Samaritan service. After being founded as a California corporation in the early 1960s, we eventually grew to 10 chapters: eight in California, two in Arizona, and one in northwestern Mexico. However, that growth was not without organizational challenges. And, recently two of the smaller, less successful California chapters consolidated with larger, more active chapters. Our decision to form a separate, Arizona-based, charitable corporation was based on several factors:

- ***Distance*** – We're a long way from any of the California chapters. Quarterly corporate meetings (held in California) require costly flights for multiple Arizona aircraft. And, we waste quite a bit of volunteer time flying ~6 hr. for a 1-day meeting. Plus, the inherent distance prevents any synergistic resource sharing with the California chapters. So, although we have the same Samaritan desires as our California brethren, there is very little actual sharing between AZ and CA.
- ***Resource scarcity*** – Resource allocation, both labor and monetary, is a fundamental concern to an all-volunteer organization like ours. Supporting the California-based corporation requires both time and money. Forming an Arizona-based corporation was a savings in both areas.
- ***Administrative concerns*** – Over time, both Arizona chapters had become concerned about the direction, actions, and lack of cohesiveness of the existing organization. Despite repeated and long-standing attempts by Arizona leadership to resolve the corporate issues and re-create a mission-based focus for the group, progress has been nil. Although it was tempting to

simply “do our own thing” in Arizona and remain with the original organization, actions by one California chapter in particular had potential liability impacts upon the corporation. (The general membership wasn't at risk; “only” the officers and Board members.) It will be much easier to properly manage our affairs and safeguard the corporation and its members using an Arizona corporation.

What's next? The *Flying Samaritans Arizona* corporation was actually formed in June 2010. But, with the consent of the California organization, we've continued to operate as a member of their organization while awaiting our 501(c)3 designation from the IRS. (That's what allowed your expenses to be tax-deductible!) In June 2011, we received the IRS determination letter granting our 501(c)3 status! **Now**, we can begin operating under the new Arizona-based corporation. In the upcoming months, a variety of small “nomenclature” changes may be evident – nothing major. Our mission remains the same. Our actions will be that much more focused. And, we're all still “Sams”

Craig

Hello Dental Volunteers,

Laurie Kramer, RDH, Dental coordinator



I am so happy to be writing to you again. Since our last newsletter we have expanded the dental area by knocking down the east wall and adding two more chairs. We can now provide more service and have room for dental triage. Our services are so needed by so many that it was a dream come true to have these chairs donated.

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Now all we have to do is have a provider sitting at each one. The local DDS, Dr. Javier, has been faithful in attending almost all of our clinics. So I reserve a chair for him. This means we will need 3 dentists and 2 hygienist each month.

I feel it is very important that a plane with some dental volunteers go directly to Lopez Mateos Fri. to clean, stock, and sterilize. This makes the transition on Sat. morning as other dental staff arrive, to run so much smoother.

I strongly urge you to renew your membership and contact me with the months you will be reserving your seat on a plane. I am so excited to increase the number of patients we can see in a day. Dental is the first specialty to have numbers be depleted. I know this first hand by having had the opportunity to distribute them.

If your heart is in the right place but your body can not be, I have estimated the cost of clinic supplies each month to run \$250.00. Your donation would be graciously accepted.

Please contact me at lauriebabe@cox.net . We always have a great time as we do so little and receive so much.

Your smiling dental friend,

Laurie Kramer, RDH

NEXT CLINIC

OCTOBER, 14-15-16

THIRD SATURDAY OF THE MONTH

www.flyingsamaritans.com

All the dates are there

Helping Them See One Patient at a Time

Amy Crump, OD, Optometry Coordinator



Our Flying Samaritan optometry department is in need of your assistance in helping our very needy Lopez Mateos community in Baja Sur, Mexico. We have a fabulous set up for our exam room which includes: a full

trial lens set, a B&L Greens phoropter and stand, direct ophthalmoscope, retinoscope, lensometer, hand held slit lamp, keratometer, hand held applanation tonometer, binocular indirect ophthalmoscope, and an A-scan. We have several boxes of neutralized eyeglasses that are presorted by powers, style (single vision or bifocal), and gender. These glasses allow us to quickly dispense a pair of glasses to our patients when they come to our clinic. If we do not have a pair of glasses in stock close to the patient's prescription, we have several boxes of frames to choose from and lenses are made for our patients from the generosity of Meridian Laboratory in Phoenix. The glasses are then sent back to Lopez Mateos for the patient to pick up the following month.

Some of our patients not only come to our clinic for eyeglasses, but many come for medical needs as well. Dry eyes, allergies, pterygiums, and cataracts are just a few of the common medical conditions we also see. We currently have a running of list of patients in need of cataract surgery and we are hoping to help them benefit from surgery in the near future.

The only thing missing from our clinic is you! We are in need of optometrists, ophthalmologists, or technicians to join us on an upcoming trip. There

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is no need to speak Spanish as we have wonderful translators who will help you through your exams. So, what are you waiting for? Call or email me if you have any questions and we look

Amy Crump, OD

crumpamy@hotmail.com

M: 623-332-9632

Hello from Triage!

Beth Diedrich, NP. Triage coordinator



I began with the Flying Samaritans as a nurse eight years ago. I remember my first trip well. I was in awe of the organization and its mission, but had the feeling that I really did not know what to do to be helpful. I felt as if I really did not contribute much. I want your first and every trip to leave you feeling great about the people you are serving. Triage is very easy once you know what is expected of you. Although I do not make every trip, I am here for you before and after each trip to answer questions. There are many great supportive "Sams" on every trip, should you have concerns.

Triage duties:

You are the first person to interact with the patients at the clinic. Please let your pilot know that you are in triage, so that you will be one of the first to arrive. You will see two folding tables with chairs at the front of the building. This is triage!

You will be assigned a translator/ interpreter if you don't speak Spanish. You will find a rolling cart in the pharmacy, this will have most of your supplies. Carmen will have chart supplies on a table at the door to the pharmacy. You will need blank charts, a pen, stethoscope, BP cuff, a glucose meter, non-sterile gloves, alcohol wipes, lancets, gauze 2x2s,

and a scale(which should be already out, but may be in the pharmacy or store room).

Carmen will call for the first patient. The information you will need to obtain from the patient for the chart includes: patient's name, DOB, medical problems, family history, VS, and if they are diabetic or have a family history of diabetes, or if they request or you suggest it, please obtain a blood glucose! Providers need a brief summary of the reason the patient is here, preferably one sentence. If you see children, we need a weight to determine medication dosing. If it is a baby, the easiest way is to weigh the mom holding the baby, then weigh the mom without the baby and subtract. We also need a temperature for children. When finished give them back their chart. They will go back to their seats to wait to be seen.

Occasionally, you will be asked for a urinalysis. The urine dip strips are usually kept in the GYN room. Instructions are on the bottle. You may also be asked to help a provider with a procedure if you are comfortable with this.

After the patients have been through (and generally, you are the first to be finished) please clean up your table and put your supplies back in the rolling cart in the same place. Any help in keeping things clean and orderly will be greatly appreciated. I would also appreciate your help in keeping supplies stocked. If you see that something is missing or running low, please tell me. If I am not on the trip with you, please email me or tell someone on the trip that will. Then, you will fly back to the hotel to have a great dinner, either with the group or on your own.

You will meet so many interesting and wonderful people as an active member with the Flying Samaritans. Please join us!

Hope to see you in Lopez Mateos!

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Murmurs from the Stethoscope

Gail Brown, NP. Medical coordinator



Hola amigos!
The economy stinks! Politics are in chaos. Healthcare is in turmoil. But one thing never changes. South of the great AZ Wall, poverty of great depth continues to plague the poor people of Mexico. You bet, we have our own---in our inner

cities and in our rural areas. But the joy it brings to have such apparently hopeless and helpless people as we deal with every time we go to Baja look us in the eye and see the immense gratitude and hear the simple "gracias" is impossible to explain until you have experienced it personally. Then it addicts you and makes you realize that you should be turning cartwheels and thanking God for your blessings instead of complaining about the quality of your margarita.

Come help! Come share the never ending workload that will lead you to the best exhaustion you've ever had. Come for the plane ride. Come for the sights. Come for the satisfaction. Come for the peace in your soul, knowing you've bent down to help those who cannot stand up to help themselves---and never worried a second about collecting a fee. Come because that's why you do what you do. Come because you want to heal those who need you---and find, in awe, that somehow, it heals you, too.

Gail

Helpings Hand

Patricia Henthorn, DC. Chiropractic coordinator



I'm so excited for this coming year for the Flying Samaritans. We've joined hearts and hands with the Tucson chapter so that we can work together to bring more healing and therefore happiness to our friends in

Mexico. We are still separate chapters, but we are working together behind the scenes as the Arizona Flying Samaritans. The only visible change is that the Phoenix chapter has changed the weekend of our trip to the third weekend in the month, and the Tucson chapter will be going the second weekend of the month. That gives us the opportunity to help each other out if one chapter is short of helpers for that month.

We now have two drop tables in our chiropractic room thanks to a couple of very generous chiropractic donors. This makes is easier for some of us who like to incorporate drop into our adjusting techniques. Rest assured though, any technique is welcomed and appreciated!

There is still quite a large amount of people showing up to our clinic every month. Many of those people travel quite long distances and even camp overnight in front of the clinic. Of those people, a large amount of them want to be adjusted. Isn't that amazing that people camp out to have a place in line to get adjusted? Wouldn't you be amazed if you had that happening in the parking lot of your practice? I've thought about this, and have realized that it's NOT only the "free" care that brings these people to the clinic in Lopez Mateos. It's the fact that these people feel and know that every Flying Samaritan comes to our clinic with an open heart and mind to help to the best of their ability. All egos are dropped at the border, and there is not one of us that is better than another. We work together as a group with every ounce of love that we have for helping others.

We really would love to have more volunteers for this work. In these "economic times" we tend to drop the donation of our time, money and energy for fear of lack. But the law of the universe has shown us over and over again that we attract into our lives the things that we think, say and do.

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There is actually no better time to give than in a time when we feel fear about letting go of time, money or energy. I've had the experience of giving from my heart in a time where I was doubtful that I had it to give, and it came back to me tenfold. It doesn't always come in the form that you think it will, but it always comes in the form that you need it to.

If you can participate or know someone who can, please let us know! We also have a new program this year that enables you to donate specifically to a chiropractic fund. If you really feel that you don't have the time or don't like to fly in small airplanes, you can help a fellow chiropractor who may have recently graduated and can't pay for the full trip. The donation is tax deductible and every dollar basically goes to an adjustment of a human being!

Remember what BJ Palmer said, "We never know how far reaching something we may think, say or do today will effect the lives of millions tomorrow. It is better to light one candle than to curse the darkness".

Here's to a bright future of giving, loving and living the abundant nature of who we all are.

Pati

Interpreter Coordinator



My name is Reina Cordova and I am the Interpreter Coordinator for the Flying Samaritans. Not to minimize any of the specialties, but interpreters play a very important role on our trips. The translation communication between a provider and the patient is significantly important. Interpreters are used for all specialties medical, dental, chiropractic, optometry, GYN, pharmacy and triage. Interpreting for the medical provider is probably

one of the most detailed interpreting specialties. We gladly welcome all interpreters of all different levels of interpretation. Assignments are made based on the level of knowledge for interpreting.

A little about myself, I became involved with the Flying Samaritans in 2003 after hearing about the great things they do for the underprivileged in rural communities in Mexico. My first experience was an everlasting experience. The kindness and appreciation of the people of Mexico, whom received care from our providers, their smiles, hugs, and gratitude made the trip a fulfilling one. I remember having a smile on my face for weeks and not allowing anyone to take that sense of glory from me.

On these trips, I learned of a guy by the name of Humberto who was involved in a hit and run and had endured bilateral leg fractures. Due to his financial inability to have follow-up care in his country, he continued to wear the casts for years following his injury. Manuel was also an unfortunate individual of having to live with a deformed face due to a misdiagnosed radiated tumor. He would eat everything in sight, but only if it was diluted in a blender enough to fit in a baby bottle for feeding. Both these patients were seen in our clinic and care was provided by medical professionals in the USA. The team of volunteers made a difference in their lives and our own. Because of the networking, we were able to make a difference in their lives and their gratitude was received in all of our hearts.

The fact is that every individual volunteer that is involved with the Flying Samaritans, in one way or another is an individualized person with passion and love towards humanity. I am honored to be part of the Flying Samaritan family and would love to share this experience with anyone willing to share of themselves...

With love...*Reina*

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I started this and now I get to finish it. Our clinic trips will be the **THIRD** Saturday of the month. Our open board meetings are the first Monday of the month. Everyone is welcome, check the web site for a map to the location in our current web sites. Check it out, look it over. There are some things that don't work, and that is because the soft ware that the site was built with, is a little out dated. We are building a new site that will let us keep a "members only" area secure and we will be able to fill out forms on the site and email them. This won't help too much with the membership form, waivers and pilots letter of acknowledge, as they need to be signed. But the CVs, membership changes, pilots and plane information will be an easy do. What I would really like is a little feed back as to what you would like to see on our web site that isn't there now. You will see as you cruise the web site that Nancy has handed the Web Master hat to me. This isn't my site, it is our site and I want to know what you want. I know what I want, I want order and answers, just not sure of the questions, that's where your help comes in. Let's build our site correctly. It is easier to make it our way at the beginning than to have to redo it later.

Logo items – Cynthia Russell will be handling the shirts, hats and jackets if we want them. We expect that we will have approval to keep a couple of dozen shirts in stock so you won't have to wait for us to meet the minimum order to get your shirt. All her information will be on the web site. Check it out under Logo items. Actually we don't sell you the shirts, we give them to you when you have made a minimum donation and that minimum depends on the shirt you want. Don Downey editor / web master

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\$end your checks to

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Don

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