



# LOS MEDICOS VOLADORES

April 2009

## Central America Trip

The next trip to Central America is slated for August 1-9, 2009 to Lake Atitlan, Guatemala.

## Oasis—Best Ever

Dr David Morgan, MD reported that the Oasis mission was the best ever. 57 Los Medicos Voladores members participated; arriving in 7 airplanes and many automobiles and trucks.

Dr. David Morgan, MD and Dr. Jack Chamberlain, DDS received awards at the health fare from the California Legislature in appreciation for their commitment to health care to the underserved. This follows on the heels of a 2000 USA Congressional commendation for the same dedication relative to our Oasis missions.

The details of this significant mission twice a year will be in the next newsletter.



Dr. Fenderson & patient

## Corporate Board Meeting

The next quarterly corporate meeting will be at 10:00 AM, April 25, 2009 at the Auburn Airport, Auburn.

The meeting, hosted by the Gold Country Chapter, will be held in Hangar 51, at the far west end of the airport.

**All members are welcome to attend!**

In addition to the routine items on the agenda, here are some items of special significance:

- a) Satellite Phone/Spot projects,
- b) Annual Seminar discussion, leader Art Schmauder,
- b) LMV Logo Status,
- c) Portable x-ray equipment, discussion led by Dr. Adrian Fenderson, DDS,
- d) Executive Director, discussion led by Marian Stahl.



Eye patient at Oasis



Sunset at Tortugas Bay, March 2009

Photos by Linda Hennessey, Bob Lamkin & Don Wolf

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## LMV 2009 Trip Dates

**April 16-19;** South Bay; Fronteras, MX; James Watson, DDS; Ursula Seville, RDA; Stan Pareto, Pilot; Maria Norall, Interpreter  
**Aril 16-19;** Gold Country, San Pedro de la Cueva, Sonora, MX. Two planes planned. Call trip coordinator.  
**May 14-17;** South Bay; MX, Sam Bishop, Pilot; awaiting other participants, call trip coordinator  
**May 21-24;** Gold Country; Bahia Asuncion, Baja, MX; Two planes planned. Call trip coordinator.  
**June 11-14;** South Bay; MX, Sam Bishop, pilot; awaiting participants, call trip coordinator  
**July 9-12** MX, South Bay; awaiting participants, call trip coordinator  
**August 1-9;** Central America; Lake Atitlan, Guatemala. Dental trip, need 4-6 Dental Teams. Call Marian Stahl at [marianstahl@comcast.net](mailto:marianstahl@comcast.net) or Ed Weiss at [eweiss1211@sbcglobal.net](mailto:eweiss1211@sbcglobal.net); or Milt Camp at [miltcamp@aol.com](mailto:miltcamp@aol.com) or 209-743-2667.  
**September 9-12; October 15-18; November 12-15; December 10-13;** Call your trip coordinator

## Gold Country Chapter Meeting

**April 2, 7:00 pm General, Board at 7:00 p.m.**  
**Sutter Auburn Faith Hospital**  
**11815 Education Street, Auburn, CA**

## Stor-It of Los Gatos Donates Space

The owners of Stor-It of Los Gatos continue their commitment to donate space worth \$3,000 per year for our South Bay equipment and supplies donations from around the bay area in their new and modern storage facilities at 17433 Farley Road in Los Gatos. This generous gift has been ongoing for about four years. Thank you, Stor-It of Los Gatos!!

## 15 New South Bay Members in 2009

Alfaro, Heber	Interpreter	Dublin
Angelo, Victoria	R.N.	San Jose
Beech, Dennis	R.N.	Cathedral City
Chu, Giang	D.D.S.	Morgan Hill
Devlin, Karen	R.D.A., C.D.A.	San Bruno
Devonshire, Theresa	R.N.	San Jose
Dickinson, Lolinda	R.D.A.	Gilroy
Hammond, Elicia	R.D.H.	Santa Cruz
Hennessey, Linda	Volunteer	Woodside
Kuo, Jessica	Volunteer	Palo Alto
Luquin, Bilma	D.A.	Hollister
Nichols, Brooke	Certified M.A.	Santa Cruz
Ortega, Michelle	D.A.	Gilroy
Palaniappan, Latha	M.D.	Menlo Park
Sankaran, Sujatha	M.D.	San Francisco
Brandon Seto	Resident D.D.S.	Los Angeles, CA

## Bahia Tortugas

**March 12-15, 2009**

**By Linda Hennessey, MS**

With the full moon setting and sun rising on March 12, a team set out from Napa with pilot Art Schmauder, dentist Adrian Fenderson, and dental assistant Aimee Abittan and me; this being my first trip with LMV. Aimee, as a pre-dental college student has worked at Oasis but this was her first trip beyond the borders of the United States of America.

The flight was flawless and spectacular! After a 5-hour flight, segmented with a stop in Mexicali, we arrived at 5 PM in Bahia Tortugas, on the edge of the arid Baja desert ecosystem. Russ and Isabel Harford, our local LMV hosts met us and provided gracious hospitality and logistical support. The local government officials warmly greeted us and generously provided lodging and meals at a local hotel. Our arrival was announced by loudspeaker emanating on top of a pick up truck that drove through the dirt roads in the pueblo. We had arrived!



Aimee Abattin, Art Schmauder, Linda Hennessey & Dr. Adrian Fenderson in Tortugas March, 2009

At our first evening meal, Adrian as the exceptional public relations spokesperson he is, explained our work to a group of international sailors sitting at the table next to us. Two women, Bobbi Hamel and Sarah Andrews, agreed to join us in the morning to help at the dental clinic. They proved to be wonderful additions.

This mission was three fold: providing a free dental clinic, diabetes screening and education. Over 25 dental patients were treated from children to older adults in the community. Over 30 individuals were screened for type 2 diabetes and time was allotted to discuss how individuals could make appropriate changes to their diet,

exercise and stress reduction programs based on the resources available to them.



Leticia and Russell Harford in Tortugas

Diabetes awareness is high and the community is enthusiastic. Everyone had a smile and a story. People waited for hours for the privilege of seeing Dr. Fenderson, DDS, who has been volunteering for 30 years with LMV. His ability to set up a mobile dental office is impressive. Art Schmauder was able to deal with all the details, like a seasoned CEO. Aimee, with her fluent Spanish and warm demeanor, made all the patients comfortable. My work at the Stanford Disease Prevention Center working in diabetes prevention provided a good health education platform.

A community center room was available to show films about type 2 diabetes; a cartoon on healthy diet choices and childhood obesity. Many viewed these films. A blood glucose testing station was created. The combination of the dental clinic and health education was very compatible.

Over 16 dental extractions were performed; some were quick and others were more complicated. Endos or root canals were also performed.

The link with diabetes has many dimensions, especially in a population with a genetic predisposition to this disease. Elevated blood glucose levels contribute to conditions that promote cavities and periodontal disease. Improving diets by eating real foods and especially beginning the day with breakfast was highlighted. Small changes in lifestyle have large and strong benefits over time.

The phrase “little by little” was repeated with the accumulating benefits being a great payoff of

sustained health. These ideas were well received. Suggestions were made, such as downsizing the portions, especially the amount of carbohydrates by substituting corn tortillas for flour tortillas. This can make a big difference. Increasing vegetables and grilling fish and meats, as well as drinking water instead of soda, were discussed.

77% of the people screened for diabetes had a family member with diabetes and there is a strong desire to avoid diabetes and its associated complications with cardiac problems, high cholesterol and hypertension. (See chart on page 6)



Tortugas mother and daughter patients

This is a community that is eager for more visits from Flying Doctors and the impact is profound. This is the first of many future visits with LMV and I hope to return to the beautiful community and the lovely people I met on this visit.

### *Linda*

Editor Note: (Russell and Elizabeth (Leticia) Harford lived in the Bay Area until a few years ago when they decided to move to Tortugas to her family's village. They have been invaluable members of LMV for long time; many years before they moved to Mexico.)



One of the patient lines at Oasis

# March 19-22, 2009 San Ignacio Trip

By Dr. Audrey D'Andrea, MD, and the team

Oh my God, what a great trip! Everything went smoothly and was really fun. We were the first LMV doctors to use the newly constructed and beautiful three-story Deborah Wayne Memorial Clinic in San Ignacio. It is a lovely and loving tribute to her life and her death. It touched my heart deeply to be using the facility built in memory of her. (I knew the pilot, Dr. Marvin Weinreb, MD and the pediatrician, Dr. Edith Lowenstein, MD, who were on that fateful flight with her.)

Two planes went on this trip: pilot Bob Horvath brought co-pilot Bob Lamkin, ER doctor Dr. Judy Whitehall, MD, Gyn Dr. Ed Kneler, MD and family medicine Dr. Audrey D'Andrea, MD. Pilot Pedro Rump brought translator extraordinaire (and our reservations manager) Heber Alfaro, ENT Dr. Jon Kahn, MD and RN Barbara Williams.

The three doctors each had their own exam room with writing table, exam table, chairs, sinks with running water, and privacy. The waiting room was indoors, spacious and well triaged by nurse Barbara and doctor Judy. The local Deborah Wayne Foundation members Manuel, Maria de los Angeles, Maria Josefa and Fannie made sure we were picked up from the airport, driven where we needed to go, brought lunches to the clinic for us each day, fixed the broken BP cuff, and did it all with good humor and friendliness. The clinics ran more smoothly than any other LMV clinic I've ever done. And Heber's efforts were fantastic, before and during the trip!

We worked Friday from 8:30 am –5:45 pm and again Saturday 8:30 am – 12:30 pm. We saw a total of 49 Medicine patients, 50 ENT patients and 22 Gyn patients. The patients were really appreciative. One of the patients returned after her appointment with a huge bag of tree-ripened oranges from her yard to say thank you. All the LMV volunteers and Deborah Wayne Foundation members shared them at lunch and dinner.

The town of San Ignacio is beautiful. It has the best-preserved Mission in Baja California. The mission was built in 1770 out of volcanic rock and they still have mass at 6:30 am seven days a week. It sits on a quaint central plaza. It was pleasantly warm in the daytime and cool enough to require long pants and light jacket in the evenings.



San Ignacio Lagoon



Grey Whale in San Ignacio Lagoon

On Saturday we flew 15 minutes to Laguna San Ignacio on the Pacific side of Baja for our R&R. We took two pangas (small boats with outboard motors) on a guided tour of the protected grey whale birthing lagoon early Sunday morning. The males had mostly already left for Alaska, but the mothers and calves hang out at the protected warm lagoon for three months before heading north to Alaska to feed. The calves were curious about us and quite playful; they swam right up to our boat and allowed themselves to be petted. They also did "spy hops" and spins near our boats, just to show off. They were very gentle and did not bump our boat at all, but did look directly into my eyes while being petted. It was magical!



Deborah Wayne clinic in Tortugas

The Deborah Wayne Memorial Clinic has space for the LMV crew to sleep in the clinic. They have upstairs bedrooms with beds and a kitchen too. I recommend that we send another crew down ASAP and keep the facility in use for clinics as much as possible.

*Bob*

#	Diagnosed	1,2 Relative diabetic	Sex	Age class	Blood Glucose Level	Comments
1	No	Yes	F	30	86	
2	No	Yes	F	40	101	
3	No	Yes	M	20	75	
4	Yes	Yes	F	40	120	Advised to see MD
5	No	Yes	M	50	97	
6	NO	Yes	F	30	77	
7	No	Yes	F	50	82	
8	No	Yes	M	30	81	
9	No	Yes	M	50	128	Advised to see MD
10	Yes	Yes	F	40	117	Advised to see MD
11	No	No	F	20	101	
12	No	Yes	M	30	85	
13	No	Yes	F	30	87	
14	No	Yes	F	16	88	
15	Yes	Yes	F	50	257	Advised to see MD
16	Yes	Yes	F	50	85	
17	No	Yes	F	20	125	
18	No	Yes	F	40	91	
19	No	No	F	20	83	
20	No	No	F	60	78	
21	No	Yes	M	30	37	Error
22	No	No	F	20	87	
23	No	Yes	M	20	69	Mother worried
24	No	Yes	M	30	99	low yesterday Advised to see MD
25	Yes	Yes	F	40	296	ASAP
26	No	No	F	40	78	
27	No	No	F	30	98	
28	Yes	Yes	M	60	157	Advised to see MD Worried about high
29	No	Yes	F	20	83	BP
30	No	Yes	F	30	94	
31	No	Yes	F	20	92	

Blood Glucose Sampling in Tortugas by Linda Hennessey

## Newsletter Green Distribution

About 75% of our newsletter distribution is now by e-mail! This is an incredible cost saving for our organization; it costs about \$2 per copy per month to print and mail a newsletter by US Post Office. If you have not sent me your e-mail address, please do so ASAP so that the next newsletter will go to you via e-mail and will result in \$2 going to our medicines, equipment and supplies budget every month!

Remember, you get the newsletter 3 days sooner and in full color when you receive it by e-mail!

And if you know anyone who might be interested in our efforts, interested enough to donate to our cause, join our organization, promote our organization or in any way help us, send me their e-mail address and we can keep them informed about our efforts.

**Don Wolf, Editor & Distributor donwolf20@comcast.net.**



LMV Fleece Jackets

A new LMV jacket will be revealed at the next South Bay Chapter meeting. It will also be in the new on-line catalog of LMV merchandise. And if you can not wait for the South Bay meeting to get this new uniform, contact Colleena McHugh on [rawaybunny@aol.com](mailto:rawaybunny@aol.com). Wow, are these sharp! Even fit to wear in public!

## Newsletter for Medical and Dental Offices

The next time you see your medical professional, take a copy of the newsletter and leave it with the professional. Ask if the newsletter could be placed in the waiting room after she/he reads it.

For you professionals, what a great help you can be for our fund raising and membership drive if you would print a copy of the newsletter for your waiting room! In fact, send me your office e-mail address so we can send the copy directly to your office manager.

**Don donwolf20@comcast.net**



Blanca Ruiz with Oasis patients

# Make a Difference in their Lives

Your contribution will help LMV purchase supplies, equipment, and medicines, upgrade and maintain clinics in remote Mexican, California and Central American villages. We will bring back hugs for you from our neighbors and friends from the South.

LMV sends two to four teams of volunteers to Mexico each month.. Each team normally consists of four to five volunteers that share in the cost of the flight, lodging and meals. In addition, we have 30 to 50 members travel to Central America twice each year and to Southern California twice each year. We depend on donations for supplies, medicines and equipment. Here are some estimates of costs:



Oasis Patients

Medicines or dental supplies per patient	\$10	Adopt a Pueblo	\$1000
Education Material per team trip	\$15	Audiometer	\$1000
Angel subsidy for a volunteer without funds	\$100	Portable x-ray Machine	\$6000
Medicines or dental supplies per team day	\$250	Medical Office Upgrades	1000 to \$20000
Subsidy per Medical Resident per trip	\$300	Dental Office, Minimum equipment	5000
Dental supplies per team per trip	\$500	Auto refractor for measuring eyes	3000
Annual board and room for one Hidalgo high school student	\$400	Dental Office, Modest equipment	15000
		Complete Clinic equipment	150,000

## Donation to Los Medicos Voladores (The Flying Doctors)

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**Donation Amount:** \_\_\_\_\_ **Money Order ( ) Check ( ) : ( ) Dollars ( ) Pesos**

**( ) In honor of** \_\_\_\_\_

**( ) In memory of** \_\_\_\_\_

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**Our non-profit tax ID is 94-2366785**

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**We also need and collect used eyeglasses, hearing aids and x-ray machines.**





Los Medicos Voladores, Inc. consists of five chapters, including the South Bay Chapter, the original one established in 1977, High Sierra Chapter in Truckee, the Gold Country in Auburn, the Reno Chapter in Reno, and the International Chapter in San Jose. The first four chapters provide services to Mexico and southern California; the International Chapter provides services to Central and South America. All our services are free to the recipients, as are the medicines and supplies.

The South Bay membership consists of over 150 members and the other chapters are each approximately 100 members. Our members have very diversified backgrounds including Medical Doctors, Dentists, Optometrists, Audiologists, Chiropractors, Nurses, Pilots, Interpreters and general volunteers. What all of our members share is compassion to help those with needs for medical care.

The administrative arm of Los Medicos Voladores mission is to support our medical and pilot professionals so the volunteers can be effective, efficient, productive, safe and happy. We negotiate with the foreign governments the criteria for service, we arrange the flights into remote areas, we raise money for medicines and supplies, and we help put teams together.

We have no paid staff. All of our members are volunteers and pay their own way on trips, whether they are pilots, nurses, volunteers or interpreters.



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