



### Tim's Notes

by Tim Lee, President and Founder - [tim@healthoutreach.ca](mailto:tim@healthoutreach.ca)



I am pleased to announce that "Guatemala 2011" took place with very few problems. I say this because there is always a likelihood of obstacles and challenges with large projects such as this. It was a record-breaking project! Over 600 children were seen in two different rural villages miles away! In Quesada, our newly developed sponsor community, children with especially serious and urgent dental needs were cared for. On another note, read about our success in Honduras in March with the Team "Dentistry for Honduras".

Health Outreach relies on volunteers for its achievements. We recognize two more long-term supporters of Health Outreach, The "Magne Team" and Mr. Vern D'Silva of *Sinclair Dental*.

Our website, [www.healthoutreach.ca](http://www.healthoutreach.ca) continues to improve. Please take a look. We're always asked about things that are described in great detail online. Stay in touch...our next Project starts now.

### The Magne Team

by Andrea Gagliardi

Living in the small town of Brighton, Dr. Gerrard Magne has been in practice for 27 years. Mrs. Jo-Anne Magne who manages the dental office and loves her responsibilities proudly states how fortunate her family is to be supported by their friends, family and patients.

Dr. and Mrs. Magne have 2 children, Madison who is getting her Nursing Degree and Luc who is still in high school. As a family they are very close and open with each other. Having a cottage allows the Magne family 4 months of the year to enjoy the water. Dr. Magne is a huge hunter and fisherman. Together the family does almost all things including snowboarding and volleyball. Being huge Blue Jay fans they enjoy traveling to Toronto as much as possible to enjoy the game. Most of all, the family loves to travel.

Dr. Magne and his wife Jo-Anne feel very blessed to have met Tim and in becoming a part of his dream to help the children of Guatemala. The Magne team has made a few trips to Guatemala and continue to offer support to Health Outreach in as many ways as they can. In one word, Dr. Magne describes the experience to be "fulfilling". During the course of their projects they observe "lots of need and lots of gratitude". The biggest reward is "the satisfying & grateful realization you can get from the native people in just seeing their happiness. The numbers of people helped .....every year we see more, every year every goal is achieved and surpassed and it is great to see how all native volunteers are so willing to help".

Advice to new recruits? "Go with an open mind. Don't be too concerned about small details because everything you do is a positive step forward! Every small thing is a positive influence."

In conclusion, Dr. Magne shares his wish for everyone in our world to volunteer, "somewhere, somehow, anywhere outside of our country...if that were the case, all our pettiness would disappear!"

#### Is your colleague interested in participating in a Project?

Those interested in participating in future projects should sign up online for current and accurate information. Periodically, notices are sent out to provide information about Health Outreach current events as well as upcoming project details.



The  
Magne  
Team



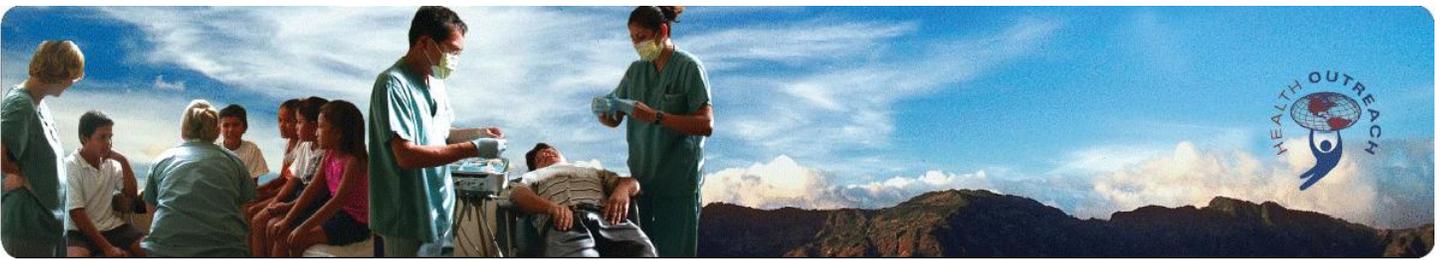
### Corporate Sponsor: Sinclair Dental

by Andrea Gagliardi

Canadian owned and operated, Sinclair Dental constantly strives to be the industry leader in improving customer satisfaction.

Health Outreach is grateful to companies such as Sinclair Dental for their continued support and annual sponsorship. In speaking with Vernon D'Silva, dental equipment technician, he recalls when Tim called him from Guatemala with an equipment issue. Vern was able to talk Tim through the technical situation at hand successfully resolving the crisis. Needless to say, Health Outreach was grateful to Sinclair Dental and Vern who sees his "contribution to be a very small one" as he humbly states and that "his help is very limited"... but across the miles, Vernon's actions meant immediate quality dental health delivery to so many in need. "I am not as much involved as I would like to be. If it is within my field and capability I am happy to help any way I can as it is important to me to help the less fortunate people in our world" states Vern who couldn't recall when he had become involved in aiding Health Outreach but it has been at least 10 years or more.

Vernon's sentiments towards Health Outreach "...thank goodness for Tim and his team going over and above to help the needy in our world." In reality though, Health Outreach will continue to express "Thank goodness for sponsors such as Sinclair Dental and volunteers like Vern for going over and above to help the needy in our world...for, without your continued support Health Outreach would not be!"



## Interview with Dr. Daniel Lee Guatemala 2011 Volunteer

by Andrea Gagliardi

Dr. Daniel Lee, B.Sc. (Hon), D.D.S., graduated from the University of Toronto, Faculty of Dentistry. He is the Canadian Dental Association President's Award winner, given to one student in the graduating class for overall achievement. He was also selected to the Honor Dental Society, Omicron Kappa Upsilon.

Dr. Daniel Lee is a member in various organizations including the Toronto Academy of Cosmetic Dentistry, the George Hare Endodontic Study Club, and the Academy of General Dentistry.

Dr. Daniel Lee being a devout Catholic states that he has always wanted to give back to God. Continually looking for ways to give back to society he describes his volunteering experience to be tremendously rewarding on many levels but mostly the reward is "between me and God".

Dr. Lee's advice to future prospective volunteers is to brush up on the Spanish language and simply to "get ready to work because there is a lot of work to do. Adapt, concentrate and go with the flow. You want to see as many patients as possible because these people have needs beyond here". Dr. Lee wishes he had had more time to do more.

In observing the families during his experience he expresses how very humbling this experience is. "All the children are happy even though they are in pain. We are so spoiled here! The poverty in Guatemala is the worst I have ever seen in my life... Every dentist should do this at least once in their life".

## Health Outreach—Dentistry for Honduras

by Dr. Bill Kerr

Our team returned to El Porvenir Honduras from March 6 to March 13, 2011 for our third project. Our team consisted of 1 dentist (myself), 3 hygienists (Lisa, Cathy, and Helen), 1 restorative hygienist (Christine), a level II dental assistant (Brenda), and 2 lay people (my wife Lisa and my 16 year old daughter Loretta).

In previous years, the children were seen by the hygiene team in the municipal building of the town for scaling, fluoride treatment, oral hygiene instruction and assessment for need of urgent dental care. The emergency/urgent care patients were transported to a nearby city where my restorative team treated them. This year we treated all the patients in the local clinic (Centro de Salud). We had dental equipment donated from a dental school in the United States shipped to Honduras and coordinator/ hostess Anne Fowler had all the equipment installed.

This year we had to cope with a 2 day teacher's strike and 2 power failures (one was an all day scheduled outage). During the strike, our hygiene team spent a day in a nearby village treating poor children from a local Christian school. Our restorative team was able to borrow a generator and continued restoring teeth during the power outages. Our hygienist's saw 360 children, and our restorative team saw 66 kids, and preformed 74 composite fillings, 88 extractions, and 23 root canals. There were many more children that we were unable to treat due to a lack of time.

When we arrived, Dr Juan Carlos, the local dentist paid by the government to work 2 hours per day, had only done extractions in this newly renovated clinic. Early in the week he was preparing fillings that our restorative hygienist would fill and by the end of the week he was filling them himself. We did however spoil him. He had never worked with a dental assistant before and now he is hooked. He spent one morning doing sealants at the local school.



The clinic was in workable condition but because suction is a rare thing in Honduras, they had a 1 hp suction unit attached to a saliva ejector. It consumed gallons of water in minutes and it wasn't plumbed to a water line. We ended up using our portable unit for suctioning for both chairs. The clinic compressor was inadequate resulting in hand pieces with less than ideal torque but we managed.

My wife Lisa ran the sterilization and soaked and washed instruments put them through the ultrasonic cleaner and she ran them through the autoclave and sorted them. My daughter Loretta figured out our bonding systems and endodontic process and was a great assistant.

We left high speed and slow speed drills, composite and bonding agent, burs and instruments, light cure units, matrix bands, amalgam, our ultrasonic cleaner and lots of other supplies. We taught Dr. Juan Carlos how to use and maintain the equipment. I received an email from him that he has continued to restore teeth since we left.

We are planning to improve clinical conditions for next year and we are working on establishing a second team headed up by Dr Michael Cusato. We are considering setting up a pit and fissure sealant program for the younger children.

## Annual General Meeting

The next Annual General Meeting for Health Outreach will be held in the Fall in **Toronto** (location and time details to be announced).

The Board of Directors determines and reviews policy, initiatives, budgets and the future direction of HO. We encourage differing views on the board, and encourage discussion, as long as they serve the objectives of the organization.

The Board has 5 directors including the President, Vice-President, Executive Director, Treasurer and Secretary.

### Director Role – General Information

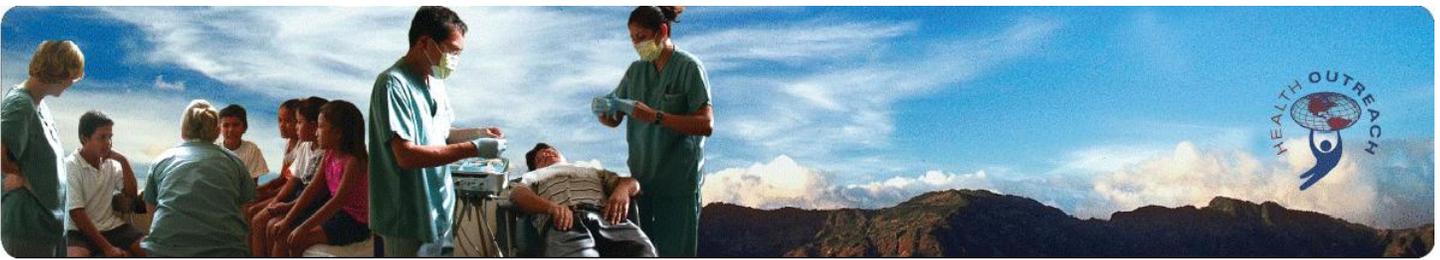
A director is elected for a 3-year term, with the ability to serve up to 3 consecutive terms if re-elected. Each director is expected:

- to attend board meetings which are held by approximately 5 times a year
- read and be familiar with all background material provided pertaining to topics of discussion
- to support Board committee work, including chairing a specific task or coordinating additional meetings, and reporting back to the Board in writing and in person at meetings,
- should anticipate a minimum commitment of 8 hours per month.

The ability to monitor and correspond regularly with other board members, staff and HO members is critical in maintaining communication and efficient discussion of topics. Therefore,

Each director **must** be able to communicate electronically via email and be able to respond and comment on requests for input and decisions within a short timeframe.

If you are interested in serving on the board we encourage committed individuals to respond. Please e-mail [info@healthoutreach.ca](mailto:info@healthoutreach.ca) for a nomination form. Nominees must have two references. We look forward to working with the newly elected directors in the fall.



## Guatemala 2011

by Tim Lee, President and Founder - [tim@healthoutreach.ca](mailto:tim@healthoutreach.ca)

Twenty-five North American team members formed "Guatemala 2011" from January 22nd to February 4<sup>th</sup>, 2011. Week One volunteers operated in the schoolyard of El Rosario and Week Two members worked in a temporary clinic in Quesada.

### El Rosario

The school in El Rosario was the main clinic site this year. We operated Monday to Thursday with three dental operatories and three hygiene chairs. Six dental units were working. The community nurse, Ingrid, her sister Sara, assisted with the instrument collection and washing, as well as couple of teachers from the school in Las Mañanitas, who were there only until noon, each day.

The clinic operated with six operators, including three dentists and three hygienists. The dentists all had assistants and the hygienists shared an assistant. Two of the dentists were performed operative dentistry, and one was performing only extractions. Friday was devoted only for the inventory control, and packing supplies and equipment for the Week 2 project in Jutiapa. All the volunteers arrived at the clinic at 8 AM as usual and worked very efficiently and accurately to account and itemize all HO sundries and equipment.

This year, Naturopathic Clinic in Hawaii, was run in partnership with HO. We were helping them by providing the transportation to, and from the clinic every day. We also provided them with some disposables, as previously agreed.

### Quesada

Week Two volunteers from throughout Ontario, Canada, formed a team of ten. On Saturday January 29th, we met in Antigua with Week 1 volunteers. Some debriefing occurred and a transfer of information between volunteers and Team Leaders. The Project leaders also met as planned and reviewed several issues.

The temporary clinic in Quesada was a house. It was prepared for us by the Supervisors of Guatemalan operations of the Spanish NGO Quesada Soladaria. We were assured space to operate three dental operatories. We were also assured support staff and the equipment we used the previous year, namely the compressor and the sterilizer. The house was clean and spacious, having multiple rooms. It served our needs tremendously well. The lighting was not ideal. The middle room and back rooms had very little window light and poor incandescent lighting.

The next day, team members left Antigua at 9:15AM. The vehicle promised to us, a Landrover was dropped off at our hotel. We continued to the airport to drop off luggage for Week 1 members. We arrived at Quesada at about 1 PM and unloaded items. The clinic was impressive. It had a large lobby type room, and four rooms which could be used as operatories. It also had a washroom, storage room, kitchen area and a little courtyard which allowed a lot of light to enter.

We were greeted by Dr. Estuardo Yaquian, a physician from Jutiapa. He assured us that he would help us all week. "Estuardo" was working as the only physician in Quesada and the surrounding population. He was constantly being called by those who needed medical care. However, he made himself available for us Monday through Friday. Furthermore, he drove a 4X4 truck which helped transport volunteers.

The opportunity for field trips to villages was discussed by Project Leader and organizers last year. This was important so that HO had some control over the patients that were seen. On Wednesday afternoon, after the clinic finished, the entire team voluntarily traveled to a small village named El Retiro. Approximately 30 children were screened there.

The Clinic support staff numbered three, with other Guatemalan volunteers coming at times during the week. On the last working day, we were assisted by the local dentist Dr. Gina Faggioli and her assistant from Jutiapa hospital. Dr. Faggioli helped

by giving local anaesthetic for the other dentists.

The patients consisted of 281 children from various communities surrounding Quesada. 50 children were pre-booked for Monday to Thursday. There were also the children screened in villages by HO staff.

On Friday, the final day, we arrived at 8 AM to do inventory. At the end of the morning, the local volunteers were acknowledged with gifts from Canada. They also had an opportunity to speak and thanked tremendously.

### Summary

"Guatemala 2011" was a record-breaking project. We achieved all our objectives in EL Rosario including the care of 321 patients. In Quesada 281 patients, all children were seen. The Quesada children, as anticipated, had serious and urgent dental needs. Volunteer satisfaction was high from some of the comments expressed to the Project Leader. Project evaluations were generally very positive. One recurring comment was that volunteers wished they could have worked more.

*Project Leaders Timothy Lee and Dragana Golubovic*



### Fundraisers of the Year

"Guatemala 2011" is indebted to the following volunteers who raised the most funds to purchase Dental Equipment for the project. Thanks for your hard work, commitment and determination!

**Pravir Patel**  
**Elizabeth Dimovski**  
**Sylvie Guerron**

### Flight Dates for "Guatemala 2012"

WEEK 1: Saturday January 21, 2012 – Sunday January 29, 2012  
WEEK 2: Saturday January 29, 2012 – Sunday February 5, 2012  
(To be confirmed, and based on demand and flight availability)

### Meeting Announcement

The HO Board meeting will be held on Saturday June 18, 2011 at 3:00 – 5:00 PM. Many of our Board Meetings are open to the Public, including this one. For details, Please RSVP at [info@healthoutreach.ca](mailto:info@healthoutreach.ca)

Dear Readers:

We encourage you to forward this newsletter to your friends!