



Tim's Notes

by Tim Lee, President and Founder - tim@healthoutreach.ca



In our latest project in Guatemala, our dental team worked very hard to see 281 patients, with nearly all the children receiving hygiene care too. Furthermore, a new partnership was established with a charity group based within central Guatemala. This sets Health Outreach up for a full week next year in a very poor region of the country. See the dates for "Guatemala 2011" in the Information Session announcement. Traditionally, this upcoming meeting kicks off our campaign. Come out and see old friends and make new ones.

An issue does not go by without recognition of our supporters and volunteers. Read about **Dr. Mauricio Diaz** of Hansamed and **Mr. Chi Truong**, two longstanding members.

Health Outreach is making a real effort to keep in touch with our circle of supporters. In the next little while, you may be contacted by Health Outreach staff in order to update our database and find out your interests in Health Outreach. You may receive e-mail requests to update your contact information. Spearheading this effort will be our Executive Director, **Dragana**. Secondly, our website was re-launched. You will find www.healthoutreach.ca updated, informative and more interactive. The best means of contacting us is through the email on the website.

On the other hand, please help us continue keeping in touch with you. An online application is available for everyone to complete. It will create a forum for members to share ideas - since we really do have the same concerns about health in developing countries.

A NEW Look...

Visit www.healthoutreach.ca for the latest!

Please fill out the Online Membership form to stay connected.

Angel Notion

This year in April, **Dr. Timothy Lee** visited a health clinic in Mexico for a day. He wanted to see the positive changes since his last visit five years ago, just after Hurricane Wilma struck the Yucatan peninsula in October 20, 2005.



On that trip, **Dr. Lee** and Physiotherapist **Shawn Bandali** formed a small Health Outreach to assist children in Mexico with both their dental needs and physical impairments. **Angel Notion** is a non-profit organization dedicated to raising funds and donations to provide

education, medical aid, and opportunities for people of lesser means and special needs. Angel Notion is located in Playa Del Carmen, Mexico.

The Clinic at Angel Notion (Centro de Medicina Alternativa) is located in Nicté-Ha, just north of Playa de Carmen. It provides varied preventative services, integrating traditional medicine with alternative approaches to medicine. The clinic serves thousands monthly with programs for vision, diabetes, speech development, physical therapy, massage, aromatherapy, yoga, aerobics , and sessions for victims of strokes and vehicle accidents, and in women and children abuse.



Currently, Angel Notion is looking for health providers for short or long-term visits. Please contact: **Lavonna Redman**, President and Founder, 984-85-92625 www.angelnotion.org

Help Spread the Word!

Health Outreach relies on you to raise awareness about the needs in developing countries. Forward this newsletter to others and/or have join our electronic Newsletter list. Simply send a request by e-mail to info@healthoutreach.ca



16th Annual “Kdubsapalooza”

Fundraising Concert



James
Lanbro

On December 27th, 2009, the 16th Annual Kdubsapalooza took place at the Starlight Lounge in Waterloo. This event features several local artists playing all evening for the benefit of charity. Thanks again to **Paul Zapletal** and **James Lanbro** for making Health Outreach the beneficiary this year.

Volunteer: Chi Truong

by Brad Moyle, Editor bradmoyle@sympatico.ca

Chi Truong lives and works in Toronto, in the field of Information Technology. In his spare time, he likes to play golf.

Chi was introduced to Health Outreach by Dr. Tim. The company Chi works for supports Dr. Tim’s office, and Chi was recruited to help with all the IT needs that Dr. Tim has through Health Outreach. Chi is involved with almost all the IT-related matters when it comes to meeting set-ups, board functions, etc.

This is Chi’s first volunteer experience, and he is very impressed with the Health Outreach team. He’s particularly bowled over from the dedication, effort and time he sees the team put in!

Here’s hoping Chi helps keep Health Outreach running as smoothly as possible, for as long as he’s able to. Thanks for your time, Chi!

Corporate Profile

Hansamed is a source for innovative dental products, information, and support. Hansamed focuses on offering Dentists the practice enhancing products, solutions and services in the following categories:

- Pain Management
- Restorative dentistry
- Cosmetic Dentistry



Infection Control

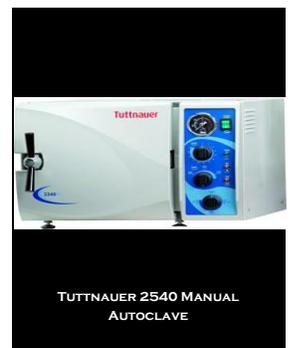
www.hansamed.net

Hansamed focuses on helping dental practitioners acquire the products, information and solutions needed for premium patient care - backed by knowledge-based support and access to technical information and clinical studies.

A special thanks to Product Manager, **Dr. Mauricio Diaz** who has generously supported Health Outreach with product for over five years.

Where Your Donations Go.

After operating for over ten years, Health Outreach equipment needs have grown. We struggle to maintain equipment only to find that it cannot outlast the harsh conditions we work in. Last year’s fundraising effort resulted in the purchase of two new sterilizers. Many thanks to all who contributed!



Announcing an INFORMATION SESSION for some Upcoming Projects!

1. "Guatemala 2011", Week 1 *Monterrico - Sat. January 22nd to Sun. January 30th, 2011*
2. "Guatemala 2011", Week 2 *Quesada - Sun. January 31st to Sun. February 6th, 2011*

Date: **Saturday, June 12, 2010**

Time: 2 - 4 pm.

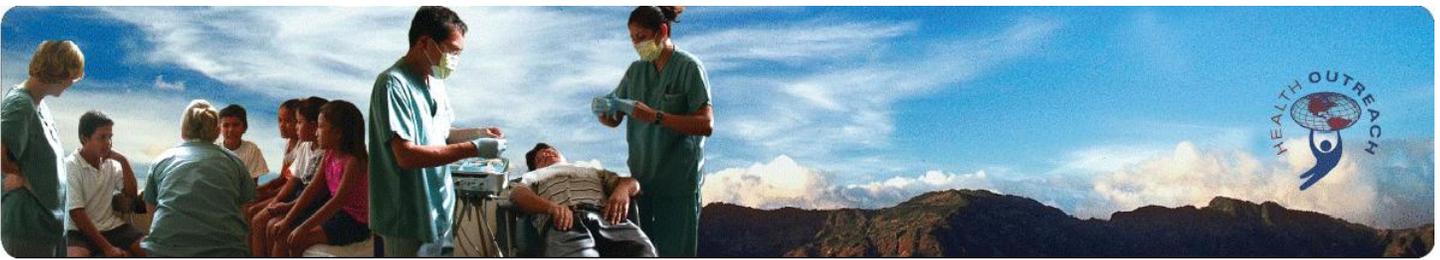
Place: Spring Garden Church, 112 Spring Garden Ave, Willowdale

*Optional for past volunteers. Notes will be provided upon request.

(Across the street from Tim's place)

For further information or to help out, contact **Denise** at info@healthoutreach.ca

http://springgardenchurch.ca/?page_id=17



Guatemala 2010

by Tim Lee, President and Founder - tim@healthoutreach.ca

Eighteen North American team members formed “Guatemala 2010” from January 23rd to January 31st, 2010. Week One volunteers operated in the schoolyard of El Rosario and the One-day Clinic team of five members worked in a medical clinic in Quesada.

The amount of equipment we had required two trucks to transport to El Rosario. On Sunday, the male volunteers brought all the equipment to El Rosario for secure lock-up in the classroom. They set up the ADEC units, sterilization equipment and some furniture.

El Rosario – The school in El Rosario was the main clinic site this year.

We operated Monday to Thursday with three dental operatories and two hygiene chairs. Five dental units were working. The community nurse, Ingrid, her sister Sara and another teacher, Doris, assisted with the instrument collection and washing.

The clinic operated with five operators, including three dentists and two hygienists. The dentists all had assistants and the hygienists shared an assistant. The five dental assistants rotated through the operatories including the radiology area. A public Health Officer operated for the first time. Although, she was supposed to visit schools, a strike by teachers resulted in cancelling these plans. Instead, she visited villages, the Hawaii clinic, and stayed at the clinic helping with translation. She conducted the Group oral hygiene instruction as planned.

A change this year was to devote Friday to inventory control. 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.

Unlike last year, HO donated a 100Q stipend to each Guatemalan volunteer who worked the week.

Quesada

On Friday January 28th, five team members (**Tim, Sylvie, Alex, Dennis, Elspeth**) and the Country Director (**Real**) travelled to Jutiapa. We left Montericco at 3:15 PM and arrived at Quesada clinic at 6:30 PM. The route involved a 20 minute barge ride and travel on rough, dirt roads until we reach Chiquimulia. There were times we made wrong turns but it was all expected. Our guide **Real** made it known that the route was not completely clear to him.

At the clinic, we were greeted by the nurse. Equipment was off loaded and stored in the locked facility.

On the following day, Saturday, there were 40 children waiting. We spent 45 minutes setting up a surgical chair using a medical examination table and a restorative operator using a high pool recliner. An automatic sterilizer was available to us. A compressor was also available although some modifications were made.

The first patient was seen at 9:15 Am and the last left at 4 PM. We took one hour to dismantle the equipment and leave. In total 41 children were seen.

SUMMARY

“Guatemala 2010” was a success on many levels. We achieved all our objectives including the care of over 281 children in El Rosario and 41 children in Quesada. In El Rosario, almost all of these children also had a hygiene appointment with sealants.

A safe and successful one day clinic was organized in Quesada. The dental need is obvious as illustrated by the Health History questionnaires of the days’ patients.

Volunteer satisfaction was high from some of the comments expressed to the leaders and project evaluations.

It should be noted that most if not all of the issues noted on last year’s report and volunteer questionnaires were solved this year. This includes sterilization, inventory, and staffing. This was a result of early planning, greater funding, and a general greater attention to detail by organizers.

Next year’s project could include the Quesada clinic for 3-5 days.



Welcome!

Health Outreach would like to Welcome Brad Moyle and Richard Parrot who recently stepped forward as active volunteers.

Brad Moyle is the new Health Outreach Newsletter Editor. He put together the news that you are now reading.

Dr. Richard Parrot is the Website Editor and is responsible for the “New Look” of the website. Thank You to you both!

We encourage all members to submit articles for consideration in the newsletter. Please contact Brad Moyle at: bradmoyle@sympatico.ca.