



## Health Outreach Newsletter – Fall 2008



### Tim's Notes

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



Building on our success in January where we saw the most children ever in one project, the Board has met on several occasions to expand the efforts of Health Outreach.

As a result, a two-week project is in place starting in January 2009. Two teams will be traveling to rural areas surrounding Monterrico and to Panajachel in the highlands of Guatemala. Health Outreach has been working in Guatemala since 1999 and focuses on caring for children with poor access to health care.

Efforts are under way to fund the effort. I am proud to say that Health Outreach is an extremely efficient organization. Your donations will be used almost entirely for the projects. There are no paid staff and no costly premises to maintain from our end. Please visit our website [www.healthoutreach.ca](http://www.healthoutreach.ca) to lend us your support.

On another note, we are gearing for elections soon. Please consider the nominees carefully and cast your vote. Even consider running for a position. Voting is another way to make your views known and to direct the course of the charity. Attending our AGM is another. The Meeting is your opportunity to learn about health Outreach's achievements during the past year, meet the Board, and hear the election results.

We hope to see you soon.

### A Report from Tom Varden

by Dr. Tom Varden

Hello everyone, my name is Dr. Tom Varden, the current Executive Officer of Health Outreach. I am very fortunate to work with our other dedicated Board members. A lot of work gets done behind the scenes by us and our volunteers

to make our missions successful. We meet regularly to plan our annual trip to Guatemala and to plot the future course of the charity.

I have been advocating expansion of our scope of operations to include other countries in Central and South America as we continue to grow in numbers. With that in mind I have been making contacts with a couple of other very large established charities. I have had the pleasure of working with Charity Anywhere and Medical Missions International. Both of these charities have extensive medical and dental missions in multiple countries (not only in Central and South America, but in Africa and Asia) throughout the year. I'm hoping to develop a partnership with a goal of joint missions.



For although we are a small organization, our teams are literally portable MODERN dental offices with all the amenities that technology affords (digital x-rays for example). These two larger charities focus more on medicine (preventative and surgeries) and dentistry is kind of an afterthought.. They certainly may have more dental equipment/supplies in their network inventories, but it is stretched thin and scattered to their multiple mission sites. Therefore no one site offers a COMPLETE setup.

Health Outreach at the moment has no medical component. That is where we could complement each other to effectively help each other help more needy people. After all, it's about teamwork and the less fortunate. So this is on the Board's current agenda.

Expansion efforts began in November 2006 when Liz



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Galarza-Lee, our Treasurer, and I went on a mission with Charity Anywhere to the Galapagos Islands in Ecuador. Liz was my INVALUABLE assistant! We worked alongside a large medical/dental team and the founder, Gordon Carter, who is very keen to work with us. He has listed our mission to Guatemala on his newsletter to try to get us volunteers!

I just worked with Medical Missions International for a week in mid-June 2008 in Arequipa, Peru. The team of 50 included only 3 dentists, 3 assistants. Arequipa is Peru's second largest city. It's situated in an arid valley with stunning vistas of Misti, an inactive volcano and the Picchu Picchu mountains surrounding the city. Although the city core was a Spanish architect's dream and lush, we worked in the dusty outskirts of the city in various shanty villages. Here the people lived in small, simple mud brick houses. The communities we served, like in Guatemala, have been neglected and really rely on help from the outside world.

In the course of one week we worked at 4 different facilities. The total mission lasted 2 weeks, I could only stay for one week due to another week of trekking. The project leader provided these statistics for us:

General medical exams/physicals	568 adults, 355 children (up to 18y.o.)
Minor surgeries (under local anesthetic)	86 adult, 7 children
Major surgeries (requiring general anesthetic)	34 abdominal, 24 head+neck, plus 1 obstetric
Dental screening	170 adults, 75 kids
Dental Extractions:	199
Dental cleanings	67
Fluoride treatments	623
Fillings/Restorations	194
Eye exams	258
Eyeglasses prescriptions given	101
Lab procedures	96
Health Education	1510
Prescriptions filled	2195
<b>TOTAL ADULTS</b>	<b>1028, 491 kids</b>

This mission in Peru was another AMAZING experience for me personally and reinforced my love of doing volunteer dentistry. I hope we can as a group collectively work toward extending Health Outreach's limits.

I encourage anyone that would like more information to contact me at: jentomvarde@hotmai.com. Perhaps if there is enough interest, we could make plans to head to Peru in 2009 with one of the charities I've mentioned here. There is much need and together we can continue to have an impact in improving dental health everywhere!

### Dr. John Kabfleish

*by Health Outreach team*

We at Health Outreach recognize and thank Dr. John Kabfleish of Village Orthodontics for his ongoing support of Health Outreach for the past several years.

Dr. Kabfleish helped Health Outreach in dental projects in the early years when it was growing and depended on very few sponsors to carry out activities. He feels that this is his way of helping, since he cannot help using his orthodontic skills.

He is very active in the orthodontic community. He was President of the Canadian Association of Orthodontists in 1996 and, as such, was honoured to represent Canadian orthodontists within Canada and to the world. As one of the clinical orthodontic staff in the Graduate Orthodontic Program at the University of Toronto for the last twenty years, Dr. Kabfleish has continued to teach and lecture to graduate students, give continuing education programs through the University of Toronto, for the Ontario Dental Association and as well to various local and regional dental and hygiene societies and hospital groups.

His charitable nature benefits other organizations important to him. In 1996 he was appointed to the Board of AboutFace International, a non-profit charitable organization committed to providing information, emotional support and community awareness to individuals/families affected by a facial difference.



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Dr. Kalbfleisch practices orthodontics locally at VILLAGE ORTHOdontics, which has offices in the “Erin Mills” and “Square One” areas of Mississauga. ([www.villageortho.com](http://www.villageortho.com))

## Second Call for Nominations to the HO Board of Directors

by *Tim Lee and Health Outreach Board of Directors*

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 approximately 5 times a year (this past year, the meetings were held from 7 pm to 9 pm on Tuesdays.
- to read and be familiar with all the background material provided that pertains to topics of discussion.
- to support Board committee work, including the chairing of a specific task or coordinating additional meetings, and reporting back to the Board in writing and in person at meetings.
- to anticipate a minimum commitment of 8 hours per month.

The director must have the ability and time to monitor and correspond regularly with other board members, staff and HO members. This 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.

## 4th Annual Health Outreach fund-raising poker tournament

Thank You and Congratulations!



A big round of applause goes out to all the fine poker players who participated in the 4th Annual Health Outreach Poker Tournament, held November 7, 2008.

Over \$1500 was raised for Health Outreach, with proceeds going towards the upcoming January 2009 dental project in Guatemala.

Congratulations to our winners:

- First Place: **Sadru “Mike” Bandali**
- Second Place: **Wil Porter**

**They will forever be honoured on Tournament plaques.**

Thank you to our sponsors, Dan Cotton of Raymond James, and Miguel Ribeiro of Vertigo. Special Thanks to **Shawn Bandali, Event Organizer and Volunteers, Elizabeth and Maritza Galarza**. These individuals put in a lot of hours to make it happen for all of us.



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### Press Release

On December 27th, Paul Zapletal and James Lanbro will be presenting the 15th Annual Kdubsapalooza at the Boathouse in Victoria Park. Proceeds collected will go towards Health Outreach, a non-profit organization dedicated to providing public health services to impoverished people in remote areas of developing countries.

Returning to this year's line-up are Amber Long, Paul MacLeod, Organic Grooves, Justin "Bugsy" Burkholder, Adam Webb, Charlena Russell and Two Twenty Two. Newcomer's to the Kdubsapalooza bill include Matt Jacobs, Vishal Manu, Sookdee, Lee Becker, Klue, and Ariel Fitz.

Kdubsapalooza started 14 years ago when Scutterbotch, Sarsipious The Flea, LemonZingers and Humshuttle played a sold out show at The Volcano in December of 1994. Each year since, James Lanbro has been hosting a charity holiday season show featuring multiple local artists.

"The Volcano was a magical place." – says James Lanbro, who has been touring the country under the alias Jimi Maze, bringing his brand of friendly hip-hop to the 10 provinces.

Paul Zapletal has been to every Kdubsapalooza over the years. 10 years ago he joined in on the organization and promotion. A local massage therapist, he has been travelling to Guatemala over the last 4 years with Health Outreach.

"There is a team of 12 people that consist of dentists, computer people to collect health data and myself promoting public health. We stay in a rural area and help kids with dental and public health. Over the years, I have taught kids simple things such as proper hand washing and brushing their teeth."

Health Outreach's goals are to promote medical, dental and allied health care to those in need, particularly children. They would also like to raise public awareness with respect to the need for health care for children and adults.

All the money that is raised on Dec 27 will go to supplies that

we need for this years project starting in the New Year. For more information [www.healthoutreach.ca](http://www.healthoutreach.ca)

Past venues for Kdubsapalooza include Volcano, Circus Room, Walper Terrace Hotel, Huether Hotel and Starlight. The venue has changed, but the motive remains the same: to raise money for those less fortunate.

"The Boathouse is the new Volcano. It's a slightly different vibe, but it's where the touring musician's get their glimpse of Kitchener-Waterloo." claims Lanbro with a tone of excitement.

The music is kept scaled down, played solo or in duets. Artists are encouraged to play 3 original songs on an acoustic guitar or a keyboard. There will be a friendly mix of spoken word, folk, hip-hop, rock'n'roll, reggae and even a little polka.

"We are covering all genres of music as there are artists of all genres in the Waterloo Region."

James "Jimi Maze" Lanbro will be the host and plans to perform a few songs. DJ Vishal Manu will be deejaying breakbeats between artists and late into the evening.

"We want to show off the original talent in K-dubs. You can go out and hear someone doing Jeff Buckley doing Leonard Cohen's 'Halleluiah' anytime. Kdubsapalooza is about artists showing off their own songs."

A minimum donation of \$15 is recommended. Doors open at 8. Show starts at 9 and goes until 2am.

The Boathouse  
57 Jubilee Drive, Victoria Park  
Kitchener, ON, N2G 7T6  
(519) 745-7202



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### The Last Word

*by Barbara J. Levey, Editor*

The old adage, “Nothing succeeds like success” has always puzzled me. What did it really mean? Now I know. This group of selfless professionals and other generous, caring people who work and support Health Outreach have rallied to help those who cannot help themselves to essential dental care and are encouraged to expand their vistas.

That is success.

