



Health Outreach Newsletter – Spring 2009

Tim's Notes

by Dr. Timothy Lee, President(Acting) and Founder
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Although “Guatemala 2009” was a success, it’s important for all of us to remember that these efforts are never guaranteed. The project encounters obstacles continually throughout the process from the initial planning to participation on-site.

Fortunately, a lot of special individuals give up a lot of time to keep the ball rolling. Volunteers are contributing all year towards the project. Donors are supporting us with funding and supplies that expire or spoil in the harsh environment where we work.

A meeting is planned on June 13th for volunteers to reunite and share ideas. You will also hear the election results and meet the new Board. I encourage everyone to attend. Details are described below.

We hope to see you soon.

Tim Lee

Guatemala 2009

by Dr. Timothy Lee, Leader - Project “Guatemala 2009”

“Guatemala 2009” in January was the most effective project for Health Outreach. We continue to see more and more children every year.

There were some notable improvements this year. The project was held in two different sites for two full weeks. Our regularly sponsored children in the communities surrounding Montericco were taken care of in the first week. For the first time ever, every child who attended the clinic was seen by our team. This is impressive since we draw from a population of over 5000 locals. Health Outreach serviced the community of Panajachel in the second week.

This region of Guatemala is populated by children of indigenous ancestry.

Secondly, our Preventative Program has become very efficient, delivering care continuously throughout the entire two weeks. The program involves dental hygienists applying fluoride varnish and sealants in high risk children.

Over several years, our projects appear to be having positive lasting effects. A real difference is being noted in the severity of dental disease among our sponsored children. Many observed dental sealants and restorations placed in previous years are doing their job.



Overall, we are happy to report that over 600 children were seen in total, making for a record breaking performance by Health Outreach.

Announcement - information session for upcoming projects

“Guatemala 2010” in Jan/Feb 2010

Date: Saturday, June 13, 2009

Time: 2-3 pm.

Place: The Chin Building, 622 College St., Suite 201,
Toronto Tel: 416-533-8585

[Click here for interactive map](#)



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For further information, e-mail Denise at info@healthoutreach.ca

Health Outreach Member's Meeting

Same location, after information session at 3PM

Meeting of Health Outreach Home Volunteers – for guidance from Health Outreach representatives.

Dental equipment and supply Collection – for those interested in collecting, and maintaining donated materials and supplies.

Project Planning

All are eligible to attend the meeting. The Board is interested in hearing your views about your organization, particularly about future directions, and has reserved time during the meeting for that purpose. Please take this opportunity to express your ideas and raise questions.

Contact info@healthoutreach.ca for more information.

Featured Volunteer: Lucie Nadeau



Lucie has been a competent dental hygienist on two of the Health Outreach trips and, what is of even more value, she constantly promotes the organization at home.

She grew up in a small town in La Belle Province but now lives with her husband, Dr. Norm Rieckenbrauck and her two daughters, seventeen year old Sara, and Julia, ten, in Whitby,



Ontario. Lucie has made two trips to Guatemala, having first asked permission to bring Sara with her, saying that she would be a valuable asset because she was competent in speaking Spanish. This proved to be very true, and the teen-ager, like her mother before her, took the primitive conditions in stride.

Lucie is well traveled in parts of the world that are not unlike - but not as remote- from what we would call civilization. She was, however, very impressed with the professional way in which the dental work in was done due to the massive amount of equipment that was brought in and set up. The planning for the expedition is in itself endless but, essential, and she found the workers were unfailingly reliable and cheerful about the conditions under which they worked in Montericco and the clinic at Panajachel..

She not only did the job she was required to do there, but at home in Durham region she spreads the gospel according to Health Outreach...visiting dental offices to explain what we do, what we need and leaving brochures. She also made a presentation at Durham College that was very well received by the young people.

Thank you Lucie and Sara for a job well done!

Fundraising

On December 27th, 2008, over a hundred guests turned out at the 15th Annual Kdubsapalooza at the Boathouse in Kitchener, to raise nearly \$1500 for Health Outreach. Thanks to Paul Zapletal and James Lanbro for organizing the event and making Health Outreach the beneficiary this year.



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Kdubsapalooza started 14 years ago with 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 Last Word

by Barbara Levey, editor

Once again our old world is in a turmoil of war, recession, famine and threat of a global plague. Nevertheless the work of our Health Outreach programs continues unabated.

To our intrepid volunteers we send our admiration. Heroes come in many sizes and disguises but I think we know many of them - if only in this newsletter.

Let us salute them and send them our thanks on behalf of those who cannot repay them or even adequately express their thanks.