

FLYING SAMARITANS NEWSLETTER

JANUARY – JUNE 2017

Playas Rosarito Chapter

The Flying Samaritans is a non-profit organization which has conducted free medical clinics, for those who have no other resources, in remote areas of Baja California since 1961. We operate in conjunction with the UABC as invited teachers. The Playas de Rosarito Chapter was formed in 1994. Our Clinic is currently located in Rosarito Beach, about 20 miles south of Tijuana.

Clinic days are the second (Medical), third (Hearing), and fourth (Medical) Saturday of each month. Due to our close proximity to the border we are a "drive-in" clinic and easily accessible. Most of the other clinics in the organization are "fly-in" clinics. We need you, whatever your talents, medical or non-medical, bilingual or non-bilingual. We need volunteers on clinic days, as well as throughout the month, to prepare for clinic.

All that we send into the lives of others. . . Comes back into our own.
-Edwin Markham

WHO ARE THE FLYING SAMARITANS?

The Flying Samaritans is an all-volunteer organization. We operate free medical clinics throughout Baja California, Mexico. Our clinics offer services for Mexicans who have no other access to health care. Our volunteer Doctors, nurses, translators, pilots and support personnel fly or drive to clinics.

In 1995 Nancy Callison RN, a longtime member of the Flying Samaritans and Resident of Rosarito Beach realized there was a real need for medical care right here. Nancy, along with a dedicated group began the first clinic in Rosarito and she has been the Director of our clinic ever since.

The Rosarito Beach chapter is a "drive-in" clinic since we are so close to the San Diego Border. We have nearly 200 patient visits per month. The medical clinic operates the 2nd and 4th Saturday of each month. Hearing clinic operates on the 3rd Saturday. Eye patients are seen for initial screening on Medical Clinic days and are then scheduled for a trip to Tecate to the Flying Samaritans Eye Clinic.

All patient visits and all necessary medications are free of charge. This includes many diabetic patients who require continuing medications and test strips. We are completely dependent on membership dues, fundraising events, donations and Grants for our operating expenses.



Mama Espinosa passed away last fall, but was still with us for her 109th Birthday.

She was the prime motivator of the beginnings of the Flying Samaritans and continued to be for her full 109 years

There is still a restaurant in El Rosario that bears her name. A great place to stop as you head south in Baja

The Flying Samaritans came about as a result of pilot Aileen Saunders Mellott and 2 friends who were returning from an air race in Baja in 1961 and due to weather were forced to land. The people of El Rosario motivated by Mama Espinosa came to their aid and made them comfortable for several days, until the weather cleared.

While there, they observed the poverty and total lack of medical care in the area. The Ladies returned to thank the village with gifts and a Doctor. The need was so great they started making regular trips. In 1964 The Flying Samaritans became an official organization.

The Rosarito Chapter is the only Chapter that is actually in Mexico. Others operate in the US and fly into their clinics in various places in Baja.

Laughter is the Best Medicine

Ever wonder how Blonds remember passwords? During a recent audit, it was found that a blond was using the following password:

MickeyMinniePlutoHueyLouieDeweyDonaldGoofie.

Why you ask? The Blonds response;

"they said it had to be at least 8 characters long"

On behalf of all us blonds, most of us are "bottle" blonds so insults don't count for us.

Flying Samaritans, Playas Rosarito Chapter, P.O. Box 439030, San Diego, CA 92143

www.flyingsamaritans.org - or - www.flyingsamaritansrosarito.org

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PRESIDENTS MESSAGE

Where did the first half of the year go. For many of our volunteers some of it went helping our patients.

The pharmacy has been busy, but has been made a lot easier by the pre-count. Once again our volunteers participated in a pre-count party (well it wasn't exactly a party, but everyone has fun) They count out a month's worth of the most common medications we give out, which makes it much easier on clinic days when we don't have to count out everything.

The volunteers up front also keep busy, translating, signing in patients, testing blood sugar, keeping patient records straight and checking blood pressures and weight.

My thanks to all of you who keep the clinic running

COOKIE WARS

Our second annual Cookie War was great fun. We had 5 awesome chefs Darline Chrisman, Trudy Self, Miss Morgan, Lana Humphries, Sigrid Biceno. 3 of Las Roca's finest judges, rated each entry. It was a nail biter and nearly a tie. The Judges winner was announced . . . then the luncheon guests made their judgment known. It's nice when people agree, both the judges and the audience agreed Miss Morgan was the Winner!!

Her mystery recipe is available only if you contact her personally at sanmissmorgan@aol.com It really was close, there were only a few points between each entrant. I'm sure Darlene, Trudy, Lana and Sigrid would be happy to share their recipes too.



***But you can't have your cookies til you eat your vegetables
Good news - they'll be really good!***

First by some fresh baby carrots and long stemmed broccoli
Coat the carrots with olive oil and season with salt, pepper, dried parsley and oregano
Lay out on cookie sheet and roast at 350 degrees for 20-25 minutes.

In the meantime drop broccoli in boiling water for 1 ½ to 2 minutes.

Remove broccoli from pot and mix with carrots.

Sprinkle with parmesan cheese.

Now You're Ready for your cookies!

Clinic Report

We've had a busy year thus far. We continue to add patients every month. San Quintin has been especially important. We have taken a dozen patients for much needed specialty clinics.

We have a happy ending story of a woman who had broken her leg. At the place she went to they put in a metal plate and it became infected. They took out the hardware and did nothing more. As a result, she could not walk and has been wheelchair bound for 4 years. She moved to Rosarito and her relatives brought her to our clinic. Fortunately our next San Quintin clinic was an orthopedic surgical one. We took her there, where the surgeon concluded he could repair the damage, however she would never be able to walk properly, or he could amputate the leg and fit her with a prosthesis and be able to walk normally. She elected amputation and will be fitted a prosthesis and will now be able to walk.

Our eye clinic in Tecate has resumed and we are sending 12 patients a month and 2 eye surgeries a month. They are also now able to do Yag Lazer procedures.

Happily we now have at least 2 providers at each medical clinic. We look forward to an even busier next 6 months

Respectfully submitted
Nancy Callison (ret)

Karen McDaniel had another San Quintin story.

While she was triaging patients, she came across a delightful six year old girl. She had broken her arm a month before. Her Dad took her to the hospital. They x-rayed her arm, confirmed that it was broken and told him to come back when he could pay for the surgery to fix it. He was a farm laborer and couldn't possibly come up with that kind of money. He heard about our clinic on the radio. He was missing 2 days of work to bring her to the clinic. His wife and 2 other children came with them. Our Doctor ordered new x-rays and confirmed it was a bad break in need of surgery. She was scheduled for surgery the next day.

They found out the family planned to sleep in the hospital waiting room, but Dad's friend brought his SUV over for the family to sleep in. Karen could not imagine the torture it would be for the parents to spend the night before surgery on their six year old along with a 3 year old and a baby in an SUV.

Eduardo and Karen took them to, and paid for, the same motel as our other patient and gave Dad some money to feed the younger kids.

She was operated on the following day and was then able to go home. She will have a follow up with a different Flying Samaritans Chapter at Los Pinos.

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MEMBERSHIP APPLICATION/RENEWAL FORM

Please Print

Date _____ New _____ Renewal _____

Name _____

US Mailing address _____

Phone (U.S.) _____ Phone (Mex) _____

E-Mail: _____

Interest/Skills: Doctor _____ Nurse _____ Pharmacist _____ Interpreter _____ Clerical _____ Fundraising _____

Newsletter _____ Transportation _____ Not available to donate time, but want to support the organization _____

Other _____

Yearly Dues: Business-\$150 Couple-\$30 Individual-\$20 Student-\$10

Please return this to: Flying Samaritans, Playas de Rosarito, Chapter, P.O Box 439030, San Diego, CA 92143

NEWSLETTER BY SNAIL MAIL OR E-MAIL?

In order to receive the newsletter by email, you need to put our address in your contact list. The address is flyingsamsofrosaritomembership@yahoo.com If this is not in your contact list the newsletter might go directly to your SPAM folder

CLINIC ADDRESS:

#488 Chihuahua
(approx. 1 km east of Quinta del Mar)

CLINIC DATES

MEDICAL: 2nd Saturday

HEARING : 3RD Saturday

General Meeting 3rd Wednesday of each Month at
10am at Villas Del Mar. Contact Susan for directions
susansmithz@hotmail.com

WISH LIST

MORE VOLUNTEER DOCTORS

NURSE PRACTITIONERS

Used Hearing Aids – Medications (not expired)
Ace Bandages – Strips for Glucose Meters, any brand
– Kid, adult and pre-natal vitamins. Support hose,
Men & Women's. Aspirin (81 mg). Wheel Chairs.
Insulin. Please contact Nancy Callison on how you
can help with Insulin

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