A Farewell to Maggie

“Maggie is such a sweet person who was so devoted to Shoulder to Shoulder and the community surrounding the clinic! It was inspiring to see the love and commitment she had for that community.” - Katie Dornbusch

To see more farewell messages, check out facebook.com/ukystsg

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Helping Babies Breathe Training: In Honor of Taylor Davis by Hartley Feld

Helping Babies Breathe is a neonatal resuscitation curriculum for resource-limited circumstances. It was developed on the premise that assessment at birth and simple newborn care are things that every baby deserves. The initial steps taught in HBB can save lives and give a much better start to many babies who struggle to breathe at birth. The focus is to meet the needs of every baby born. The website is http://www.helpingbabiesbreathe.org/. Some of the outcomes include a 47% neonatal mortality reduction and a 24% decrease of stillbirths. Birth attendants and instructors are being trained in 48 countries.

UK Pediatricians and Family Practice medical residents conducted the training; the students were 24 Ecuadorians and one nursing faculty from UK. Before beginning we had a moment of silence for Taylor Davis during this training. Dr. Young (orange shirt, back row) asked that we remember her when we are training others or using this training to improve health and outcomes in our birthing practices. Taylor registered to be a trainer at UK in March in order to be one of the trainers at this event. “Those who knew Taylor described her as full of life and compassion with a heart of gold. She was spontaneous, free-spirited, and inspirational. She was especially a ray of light to the kids she helped care for at the Children’s Hospital- she loved them, and they loved her. Taylor made an impact on everyone she came in contact with through her big smile and infectious laugh. Even more, she loved others and always gave of herself.” - Magan Carver

I noticed several of the Ecuadorians we trained do the sign of the cross during the moment of silence and many asked me about Taylor during the break. I just wanted to share that with you all to let you know that she is being remembered in large and small ways around the world.

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When I was first dragged to a Shoulder to Shoulder Student Association meeting, I passed it along as just something that I will forget about the next morning. I didn’t really know much about it, or why I should add it on top of the million things I was already involved in. However, it wasn’t the meeting, the committee, or the other members that caught my attention, it was the mission. Not many organizations on campus held medical brigades to other countries, which made STSG SA unique. The fact that my involvement with craft sales, fundraisers and other activities would directly affect people in a different region of the world seemed truly virtuous. When I learned about the brigades, I was completely on-board. However, STSG SA was not a typical organization. Its small structure and struggle to accumulate participation struck me as surprising due to the opportunities it provides. It was then that I decided to help out the group to my best ability. I slowly climbed the ranks to become president, learning with each and every step. Although we are not as large as we want

▶Continued on pg.5
A PA’s Tale: August 2013 Brigade by Erin Walker

It has been about one year since my trip to Ecuador as a brand new physician assistant. I knew it was going to be a special trip, but calling it a “special trip” doesn’t even begin to scratch the surface of what STSG is for the communities that receive health care and especially for those who have the opportunity to volunteer.

Putting the personal value of participation in a health brigade down on paper is difficult, but a few things stand out to me. I learned about Ecuadorian culture through sampling the exotic fruits served at our con- vent “hotel” early each morning, and from hanging with Juan, our bus driver, who could maneuver a 50 passenger bus through the death-defying Andes Mountains and tiny city streets as if he were behind the wheel of a sporty Mini-Cooper. I was introduced to the native Tsáchilas people and even had the opportunity to watch a “cleansing ceremony” performed for our group after a day of providing care to the local community. We were graciously allowed to tour the personal home of one woman on the outskirts of Santo Domingo who showed us firsthand the daily hardships of raising a family in a poor community in the developing world, but also conveyed the optimism and joy for life that seem to permeate the society.

As a volunteer, I had the chance to begin my practice of medicine in Ecuador, and I learned hundreds of ways that Santo Domingo and its people are unique. However, I am convinced that the true value of participation in the health brigade is in reminding us of how very similar we actually are, whether you are in a family clinic in Lexington, Kentucky or at the Centro Médico Hombro a Hombro in Santo Domingo.

Adventure with ASB: March 2014 Brigade by Eric Enzweiler

Entering college, one of my main goals was to study abroad. Unfortu-nately, it seemed as though my coursework wouldn’t allow it. Early in my senior year, I found about the Alternative Spring Break trips. Immediately, the trip to Ecuador caught my attention. It seemed like a beautiful place, and a great way to practice my Spanish. Also, the emphasis on this particularly trip was healthcare, which suited my pre-pharmacy aspirations. I also just wanted to experience life in ways different from my own, and learn about problems (and hopefully solutions) with which other cultures encounter. I applied as soon as I could! I counted down the days before departure and I was even more excited after meeting the other students in my group at the Pre-Connect meetings.

I had so much fun on my ASB trip to Ecuador. We helped the community, became friends, and learned about Ecuadorian culture while taking part in this unforgettable experience. Whether we were helping patients at the UK-operated health clinic in Santo Domingo or ziplining through the cloud forest in Mindo, every day offered something new and exciting. It was one of the best weeks of my life. I would definitely recommend this trip to people looking to help the community, and anyone searching for adventure.

Culture Shock: May 2014 Brigade by Brooks Richardson

As I boarded the plane, I was uncertain of what was to come. I did not know what the people would be like and how different their lives were from my own. Spending time in Quito, the clinic, and the Tsáchila village highlighted the unique cultures in Ecuador.

Upon our arrival, I immediately noticed drastic differences in their everyday life compared to ours. For example, the first restaurant we sat down at had a section on the menu titled ‘comida tipica’, which reads in Spanish as ‘typical foods’. In this section, the first menu item listed was ‘cuy’, known in the US as guinea pig. It turned out that an animal I had previously considered a common house pet was actually a typical food for the Ecuadorian people.

Next, we journeyed into the Tsáchila village. Before this point I had only seen indigenous groups portrayed in movies and on television. In the village, we danced, ate sugarcane and worms, colored our hair red, and witnessed a cleansing ceremony carried out by the tribal chief. Although the dancing and worm eating made me feel out of my element, it was amazing to see that this indigenous community has maintained its customs despite the fast-paced change occurring in the surrounding world.

I encourage anyone who has not been to go. The people are incredibly friendly and the beautiful terrain is truly something special. There will likely be times when you feel uncomfortable due to the lifestyle differences or the language barrier, but it is an experience worth stepping outside of your comfort zone—even if, just for a week.

Traveling to India to Care for ‘Special Children’ March 2014 Brigade by Ashley Scoby

Mayasandra, India — Wearing a bright orange shirt that reflects his exuberance, a 6-year-old throws around all the toys he can reach in a cramped, dingy room without air conditioning. He won’t respond to his name, Harshit, but he likes all the noises he can make with the cheap plastic surrounding him. Autism, the doctors and special educators think. “Reciprocity” is a problem here, says Dr. Dan Larrow, a developmental pediatrician at the University of Kentucky. That means the boy doesn’t respond to stimuli such as someone calling his name.

“If this were a kid coming into our Lexington clinic, we’d know we have a challenge,” Larrow says.

But this boy in neon orange with the liquid-brown eyes is not in Lexington, he’s in the rural Indian village of Mayasandra. And the professionals evaluating him are part of a multidisciplinary team from Lexington that has traveled halfway across the world to deliver medical care & recommendations. Click here for more.
Many of you have met me in Ecuador health brigades, or meetings at UK, or at fundraising and social events. I have been involved with STSG since 2006, when we only had one brigade a year and no Centro Médico in Santo Domingo, and now we have 3 large groups a year, plus several students, medical residents, volunteers, etc. that go spend several weeks working/learning at Centro Médico, now over 8 years old. Yes...a lot has happened, and it is very exciting to see how we continue to grow. We also assisted in the establishment of the Fundación Hombro a Hombro (HaH), a sister organization to STSG based in Ecuador.

A lot has happened to me personally as well, as last Fall I decided that by January 2014 I would step down as Chair of STSG, leave my full-time position as faculty in the UK College of Public Health, and move to Ecuador, with a part-time position from UK to be the “on-the-ground” liaison, and to volunteer on additional STSG and HaH activities “down here”. So...after decisions and arrangements had been made, and a “big” birthday approaching, I decided to celebrate all the changes together with a large party at my Lexington home. Among the family members, friends and colleagues, there were many STSG friends as well joining me in the celebration!

Since I didn't need any more “things”, especially with a move to Ecuador, I asked that instead of presents, people consider a donation to STSG (either as a check or purchasing some of the Ecuador arts and crafts that the STSG student association kindly let me display at my house). By the end of a very lovely evening surrounded and embraced by friends, hugs, love, and some sadness...I checked the basket, and was very pleased to find a total of over $500, which helps STSG so much! to continue its growth, which also increases the health care and education we can provide in Ecuador. Thank YOU!!!

The final tally for the 2013 Goodgiving Challenge was an amazing $31,395.70! This includes net payments from donations and prizes of $22,245.70, securing the $7,500 Quickstart Endowment Challenge, the $1,100 Endow the Bluegrass contributions and the $550 Endow the Bluegrass match. Stay tuned as the 2014 Goodgiving Challenge begins November 3rd and is the largest fundraiser of the year to support the Centro Medico’s work with UK students in an impoverished Ecuadorian community.
Cafe con Craig

SPECIAL GUEST: MAGGIE MOORE

C: You’ve done so much here— but can you narrow down one thing you’ve done that you’re really proud of, in regards to your service?

M: “The relationships I formed here. One of the things we (Céntro Medico) really needed was to create a relationship between the clinic and the community members.”

C: Can you tell me one thing that inspires you about the Céntro Medico staff?

M: “Many things, but if I had to choose one, I would say a combination of their dedication to the job and the care & love with which they do their work.”

C: Any tips for those who want to serve abroad, but don’t know how to get started?

M: “Maybe start small, whether that’s serving or studying abroad. In my case that’s what I did. I started with a study abroad experience in Costa Rica for 5–6 weeks then I volunteered abroad for 7–8 weeks. So I gradually moved up to the point of feeling comfortable to live abroad for two years.”

C: What’s next for you?

M: “Nursing school, I’m going to study nursing, going to switch it up a bit. I wasn’t sure I could deal with the “bodily parts” (of nursing) but being down here, I kind of got used to it.”

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My Summer with STSG

My name is Reyno Tapia Jr. and this summer I interned with STSG. Most of my job can be defined by one goal: To introduce STSG to as many people as possible and in as many ways possible. I never thought a part-time job could be so demanding yet so rewarding. Everyday I had to face a new problem and I quickly realized that nothing was as simple as it seemed and it was up to me to get it done. A lot of you have seen my work on Facebook, on the August Brigade and now as a contributor to this newsletter—so, I hope you liked it. See you later! --Reyno Tapia Jr.
An X-Ray of Hope
by Craig Borie

Dr. Winnie Boling, DMD, is an alumni of the May 2008, August 2011 and March 2014 brigades. Dr. Winnie operates a cosmetic and family dentistry practice in LaGrange, Kentucky. Her business has been built on the dream of serving the community.

Winnie’s efforts to serve the community in Santo Domingo, Ecuador has resulted in dramatic improvements in oral care for the area that STSG serves.

After working hard to provide a Cavitron machine for cleanings at the Centro Médico Hombro a Hombro, Winnie is now putting money where their mouths are to purchase a much needed portable x-ray machine for the communities served in Santo Domingo.

Winnie has raised a stunning $7,900 on the way to a goal of approximately $9,000. If you’re interested in helping support the campaign, please mail your donations can be sent to:

Shoulder to Shoulder Global
105 Bradley Hall
Lexington, KY 40506-0058

“Dia en la Vida” translation from pg.4

Wife, Mother, Student and Worker.

My name is Maricela Morales. I am 27 years old and I would like to tell a little about my life and about the Centro Médico Hombro a Hombro (CMHH). For three years I worked as a receptionist, a year and a half as an assistant coordinator, and since 2012, I am the coordinator. I work Monday through Friday, and I dedicate the weekends to my academic preparation. In 2013, I married and I also have a four-month-old daughter. She and my husband are my inspiration every morning to face a new day.

I wake up at 5am to breastfeed Isabelly, and then I prepare breakfast with my mom, while René, my husband, helps me clean the room. We eat breakfast together and we go to work. My mom helps take care of my daughter while I am at work. Our mode of transport to work is a motorcycle, which helps us optimize time.

I arrive at work, greet my colleagues, review my agenda and emails, and I start working. Through the course of the day, I always receive patients that need help, I listen to many stories, and I try to be as supportive as possible. I contact the community leaders to tell them about activities of the CMHH and I always invite them to participate and to involve other members in the community. I document the activities that they do and I talk with my colleagues. They are the ones who give me the guidelines to do new things. At the end of the day, I go home, longing to take care of my baby.

I am fortunate to work at CMHH and I thank God for everything. I am happy with my life.

Important Dates:

Planned 2015 brigade dates are:
- March 14th - 22nd
- May 15th - 24th
- August 7th - 16th

Applications for the 2015 brigade are available at:
http://www.uky.edu/international/shoulder

The 2014 Goodgiving Challenge, which provides vital support for the Centro Médico Hombro a Hombro in Santo Domingo, begins at 9:00am Monday, November 3rd and runs until 11:59pm Friday, December 12th.

Editors:
Reyno Tapia, Craig Borie & Derrick Meads

Have an interesting STSG story? We would love to hear it! Contact Craig at craig.borie@uky.edu

“Passing the Torch” continued from pg.1

to be, I have dedicated this last year to simplifying and computerizing our records for efficient management, and offering service opportunities in Lexington. Now, under the leadership of the newly elected president, Sunny Singh, Shoulder to Shoulder Global Student Association is poised to grow and reach a large number of the student body. I believe Sunny and his committee members will bring a diverse enthusiasm that will drive STSG SA to accomplish their goals. With a growing number of helping hands, we hope this new school year will bring enough development so we can further assist our friends down in Santo Domingo, Ecuador.