Shoulder to Shoulder Global Welcomes a NEW Brigade!

How to get involved: June Brigade 2016

The health of a community is determined by more than the anatomical and physiological welfare of a group. Health and wellbeing also depend on infrastructure, education, safety, individual and public health, community engagement and cohesiveness. These factors have inspired STSG to embark on the organization of a new pilot brigade for June 2016 encompassing a broader scope of direct and indirect impacts on health. The purpose of this pilot brigade will be to respond to community and clinic identified needs such as: education, infrastructure, community engagement and development, public health, preventative health and resource management. This brigade will address all age groups in the community from youth to elderly, with an interprofessional focus to engage community members to be a part of the solution. This brigade is ideal for undergraduate students who have an interest in improving general health in developing communities.

If you are interested in the June 2016 brigade, please contact:

Craig Borie
102 Bradley Hall Lexington, KY 40506-0058
Phone: 859-218-2084
Email: craig.borie@uky.edu

To learn more about the brigades, watch a video, read newsletters and how to get involved, please go to:

www.uky.edu/international/shoulder_to_shoulder

Dear Shoulder to Shoulder Global Alumni and Friends,

Over the years we have had student and faculty brigade members who have returned and shared incredible stories with us and the Lexington community about the STSG Brigade. Stories of personal growth, deeply moving interactions with individuals of the community and the impact that the community and brigade member have had on one another.

We would love to gather these stories, comments, quotes and pictures about your experience and the impact that this program had on you as well as the community. Please consider sharing these stories and pictures and send your responses to Craig Borie (craig.borie@uky.edu)
Namaste!
Shoulder to Shoulder India

In the winter of 2009 a team of pediatricians and pediatric residents on behalf of Shoulder to Shoulder Global visited several communities in India. One of the communities was Mayasandra a small rural community about 3 hours west of Bangalore. At a health fair in this village our team saw over 500 children. Many of these children were found to have special health care needs and a wide range of disabilities. None of these children were receiving active rehabilitation services. Dr. Subramanian has been the local champion and has formed a non-profit organization (http://navanirmanmayasandra.co.in) to provide rehabilitation and educational services to children in Mayasandra and 16 other villages. Currently over 50 children receive services at the Center.

In March of 2015, 3 physical therapy students from the University of Kentucky flew over 24 hours to spend their spring break vacation in southern India with Shoulder to Shoulder Global. Kate, Matt and David spent their week serving the underserved by providing physical therapy care to children with special needs. Read about their amazing experience in India!

David Downing: While in India, our medical brigade was performing assessments at a school for children with disabilities. My role as a physical therapy student was to assess children’s functional abilities. Our team split up into three evaluation groups, and in one room, it was my responsibility to assess mobility, cognition, and ability to perform activities of daily living (eating, grooming, bathing, etc.). The team members contributed their expertise and perspectives regarding medical conditions, functional abilities, educational needs, and any other presenting concerns. We then collaborated to provide

What was your role while you were in India, what was the specific project you focused on while you were there?
suggestions for the families and teachers to carry forth to better meet their children’s unique needs.

**Give a brief description of what a typical day was like for you during this trip.**

**Kate Vegh:** One of the most incredible things about this trip was that we never knew what to expect from day to day! We spent as much of our time as possible reaching out to the Mayasandra community to serve the medical needs of their children. A typical day began with a cup of steaming hot coffee and spending time talking to Mrs. Jackson, a local physical therapist who kindly welcomed us into her home. After we were energized and ready to take on the challenges of the day, we headed back to the community center where we were greeted by smiling faces and a delicious breakfast prepared for us by our kind hosts. The rest of the day was usually spent in the clinic with a team of doctors, medical residents, physical therapists, physical therapy students, special education professors and students while other times we spent our time exploring schools for children with special needs and brainstorming ways to bring those services to rural India. We had the opportunity to do some sightseeing and were even lucky enough to experience several dance performances from those in the community!

**How has this experience in India changed aspects of your future career or life?**

**Matt Davis:** It is hard for me to put into words the impact that this trip had on my life, but I will try. It made me more grateful for all of the opportunities that I have in America, and has motivated me through school so that I can be better equipped to go back at some point in the future to help the people there. Seeing the conditions they lived in broke my heart, but seeing the way that they lived and how they were happy living their lives was also encouraging at the same time. Almost everyone we encountered was incredibly nice to us. As cliché as it sounds, this trip was a good reminder of what really matters in life and how all of the material things that we value so highly here are worthless and do not define you as a person. These people had basically nothing, but for the most part they did not let it show in their interactions with us. I felt that they would give us anything they had if we wanted, even though they may have had very little. They were an amazing reminder of how we should try to live our lives every day, and I have tried to reflect that since returning.

**Would you recommend this experience to others? Is so, why? If not, why?**

**Matt Davis:** I would absolutely recommend this experience to others if they have any desire in international missions or working with children. Like I already said, this was the best experience of my life, and it allowed me to learn a lot about the world, my future profession, and myself. I learned so much over this trip, and I had a great experience the entire time I was doing it.
I have always had an aspiration of traveling to Latin America to serve on missions, gain further cultural experiences, and improve my Spanish. I learned about STSG on the UK Doctor of Physical Therapy website prior to starting the program and it became one of my dreams.

In August 2014, that dream unfolded. Within the last two years, I became friends with Katelyn McNamara who shared her past experiences as an interpreter on various STSG brigades. In addition, she started a research project in Ecuador with Professor Lynn English, which I was blessed with the opportunity to be a part of. This presented the opportunity for me to go to Ecuador with Katelyn to gather research data and participate in the brigade. That was truly a blessing and a lifetime opportunity for me especially being my first time in a foreign country apart from the country where I grew up (Jamaica). I remember continuously asking Katelyn, “Is this really REAL?” as I was overwhelmed with excitement to embark that new experience. Each day on the brigade we worked in teams to impact lives through humble service. I was able to assist in some areas such as physical therapy, interpreting, and tasks in and outside the clinic. I will never forget the appreciation that the people showed for whatever we did to meet some of their needs. In addition, I truly miss the mouthwatering, finger-licking food.

In the future, I hope to continue my involvement in STSG. I will be serving as a medical interpreter in August on the brigade and I hope to be able to return in the future to reside and serve the people for a period of time. My involvement on the brigade has been one of those events that has significantly impacted my life as it reminded me how privileged I am and rekindled some memories of life in my homeland. STSG was an experience that helped to increase my cultural awareness, improve my Spanish, develop new friendships, and most of all it was an opportunity to help to impact lives through selfless service.
Past, present and future STSG participants are all aware that the University of Kentucky is connected with Ecuador through the Centro Médico Homobro a Hombro clinic in Santo Domingo Ecuador.

GO Teacher Silvana Jaramillo: My name is Silvana Jaramillo. I am an English teacher in my home country Ecuador. It is located in South America and it is a small but wonderful country with a lot of diversity. I live in Loja city, which is known as the capital of music. In almost all the restaurants in my city, you will find a band or someone playing an instrument “music is on the air”. If you like music you definitively have to visit my city.

I love languages and cultures, so my dream was to come to USA in order to improve professionally and personally. My dream came true because of The Go-Teacher program, which provides Ecuadorian English teachers a seven month training in teaching English as a second Language. From the five states belong to this program; I could say I was blessed to be here in Lexington, Kentucky because I could meet extraordinary people. Furthermore, living my dream here; I realized that human can live happy learning from the differences of each other. I felt really happy when I had the opportunity to share my culture in the Shoulder to Shoulder class. Moreover, I felt really grateful for all of them because they do such admirable work to help people in need from my country. God bless all the work you do so you can keep helping Ecuador.

GO Teacher Mike Rivera: Go Teacher Ecuador, one of the most beautiful experiences that an Ecuadorian English Teacher can have. It is a great opportunity which allows us to increase our knowledge and strategies for being a better professional, and it is also one of the best ways which we have for improving our English language, teaching skills and everything related to education. This program is not only based on academics, we have the social part as well. We go to very interesting meetings, one of them was a global health class organized by Shoulder to Shoulder Foundation. This organization is made up of people who work with their soul to give a smile to people who many times don’t have the opportunity to get to the doctor or get a better medical treatment. We had a very nice time with them. They have traveled to Ecuador and I enjoyed the opportunity to share my experiences with them. I hope to have the opportunity to collaborate with them because I think it could be a great experience.

For more Teacher Testimonies from Liliana Saa, visit the STSG Website at http://www.uky.edu/international/shoulder_to_shoulder
Día en la Vida: 
Experiencia como traductor en Hombro a Hombro.

Juan Francisco Martínez, Universidad del Azuay, Cuenca-Ecuador
Como estudiante de Medicina participar de las brigadas médicas es hacer lo que nos gusta aprender y aplicar los conocimientos que hemos adquirido a lo largo de nuestra preparación y que mejor hacerlo de una forma que sabes que ayudará a la gente que más lo necesita.

La experiencia de trabajar en la fundación hombro a hombro es muy enriquecedora a nivel personal como profesional; iniciando con la interacción excelente con el equipo de trabajo que viene desde Kentucky para ayudar a las personas que más lo necesitan en este país, se puede conseguir un gran intercambio de cultura, conocimientos de acuerdo a cada región y lo más importante es que se establece grandes lazos con personas las cuales están enfocadas en los mismo aspectos que uno, pero vistos desde una realidad diferente. En el ámbito profesional y universitario la experiencia es muy enriquecedora ya que siendo traductores tenemos la posibilidad de interactuar con el paciente y de una u otra manera aplicar también nuestros conocimientos o recibir cierta ayuda o enseñanzas de los médicos que son los que tratan al paciente, y de poner en práctica el uso de un idioma extranjero al cual cada vez te familiarizas más con los términos sobre todo los médicos que serán de mucho uso en nuestro futuro tanto en la formación como en lo profesional.

Si hay algo muy valioso en poder formar parte de las brigadas realizadas por Hombro a Hombro es saber que en cualquier parte del mundo se puede encontrar personas con las que se comparte un objetivo muy especial que es llegar al que más lo necesita, sin importar su raza, estatus social, idioma o ubicación geográfica sino solo ayudar a mejorar su estado de salud y su calidad de vida.

Juan Francisco Martínez
Estudiante de Medicina
Universidad del Azuay.
Cuenca-Ecuador.

Translation and more interviews with Juan Francisco Martinez can be found at our website: 
http://www.uky.edu/international/shoulder_to_shoulder
Peace Corps Volunteer Marquita Joins the Centro Médico Hombro a Hombro

With Maggie’s departure in 2014, Shoulder to Shoulder Global welcomed a new Peace Corps volunteer! We wanted to get to know her better and give her a warm UK welcome from all of us. Read her story below and get to know our new Peace Corps volunteer.

Tell us a bit about you! What's your story? Why did you join the Peace Corps?

My name is Marquita Humphrey, I am 25 years old, and from Chicago. I have a B.A. in psychology from Spelman College. I feel like I had an epiphany that lead me to join the Peace Corps. I had a community service scholarship that required me to do 240 hours of community service every year, which averages to about 10 hours a week. This ignited a passion of service within me and I began to always find a way to help others. I went on a cruise to the Bahamas to celebrate my graduation and while there we went on a tour of the island. The poverty in which the people live was devastating and made me want to join the Peace Corps.

What have you enjoyed and what has been challenging so far?

I’ll start with the challenges because it’s always best to end on a good note opposed to a bad one. I can wholeheartedly say learning Spanish was my biggest challenge. It was very difficult and discouraging in the beginning because I could not communicate with my family the way I wanted and it was very frustrating when we had training session in all Spanish. Also, I never understood the importance of being in close proximity to your family until now. As of lately there has been a lot of turmoil going on back home and it’s really hard to deal with it because I can’t be there to support them. On to the good part! The absolute best part is…now I can speak Spanish! It was my biggest hurdle and I conquered it! Also getting to meet such great people from all over the world has been awesome. It feel so good to be able to connect with others from different cultures and backgrounds and find similarities within each other.

What are some things you have learned since you have lived in Ecuador?

Spanish of course…haha, but most importantly how to step back and look at situations from another perspective. Its so easy to judge a situation when the circumstances don’t affect you. Being here you have to kind of put aside everything you know and are accustomed to and learn a new way of living and thinking. I also learned how to make some delicious Ecuadorian dishes such as mojado, menestra, seco de pollo, and more. I can’t wait to go home and share the culture with my family by having an Ecuadorian day.

What do you envision for your stay while in Ecuador? What do you want to continue at the clinic, change or introduce?

Before arriving here I had no idea what to expect or exactly what I wanted to focus on, but I knew that I wanted to be great, impactful, and memorable. I definitely would love to find someone in the community that is willing and reliable to continue bailoterapia, but that has been very difficult thus far. I don’t know exactly what will be my signature project, but I hope it is something great that will continue to help the community once I leave.

What impact has the clinic and this community had on your life so far?

Being here in Ecuador and working at the clinic has shown me the importance of sharing and being inclusive. In the United States we love to be independent and we love to take all the credit for the good things we are a part of, but here everyone works together to achieve a certain goal. It becomes more valuable and sentimental when you work together than working alone. This community has shown me that we need to look out for each other and make sure no one is left out.

What have you seen so far of Ecuador? What has been your favorite place so far? Why?

I’ve been to Cuenca, Guayaquil, Loja, Salinas (Santa Elena), Salinas (Bolivar), Machala, Esmeraldas, Bahía, Manta, Montañita, a couple of places in Manabi and Bolivar. My favorite place would have to be Montañita because I had so much fun when I went, but I would love to go to Loja again because they have pole dancing and I am really
interested in taking a class. The only thing is that Loja is 12 hours from Santo Domingo on the bus and it hurts to walk after that trip.

*What's it like to be a Peace Corps Volunteer?*

It’s the hardest job you’ll love to do. That’s the first thing that comes to my mind when I think about that question. I signed up for hardship and to be away from my family so I think that mindset has helped me out a little. Although it is really hard at times, especially when there are things happening at home that you can’t be there for, I wouldn’t trade my decision to join the Peace Corps for anything. I have met some of the most wonderful people from all over the world, I’ve learned to speak fluent Spanish, I get to travel, and most importantly I get to be in a site long enough to make a difference. I’m only a year into my service but it has been the best year of my life!

For Marquita’s full interview, check out our website at:  
http://www.uky.edu/international/shoulder_to_shoulder

**Local business ‘Pays it Forward’ to Shoulder to Shoulder Global!**

For those of you who are coffee connoisseurs who are missing the good coffee from Ecuador, think about visiting A Cup of Common Wealth! This small coffee shop located on 105 Eastern Ave, Lexington, KY 40508 serves coffee and sells chocolate from all over the world. Recently, they agreed to host us for their next Non-Profit Day in Spring of 2016! Interested in visiting A Cup of Common Wealth? Check out the information from Alexandra Canada (in charge of non-profit outreach at ACOCW) below. Remember to join us next spring for non-profit day and support Shoulder to Shoulder global!

A Cup of Common Wealth started on July 1, 2013 as a tiny little coffee shop that based everything around one little mission statement: *Embrace Community, Serve Others, Creature Culture.* Every month, we have a Non-Profit day to support a local Non-Profit in Lexington. On that day, we give 10% of our net sales to a pre-determined Non-Profit of our choice. These end up being some of our favorite days of the month!

It's so fun to get to be a part of rallying behind an organization that encompasses so much of our mission statement. We get to learn more about the Non-Profits and help support them to go further than they might have been able to before. That's really what embracing community, serving others, and creating culture is all about.

**¡Gracias por el Apoyo! ~ Thanks for the Support!**

The Kiwanis Club is an international organization that raises funds and dedicate service to aid children around the world.  

“*Kiwanis is a global organization of member-volunteers who are dedicated to changing the world, one child and one community at a time. Kiwanis members dedicate more than 18 million volunteer hours and invest more than US$107 million annually in projects that strengthen communities and serve children*”

(Kiwanis of Kentucky-Tennessee 2015)

The Kentucky-Tennessee chapter has been raising money and donating to STSG for over 10 years now through various annual events, such as “Soup Day” and “Kiwanis4Kids”. Shoulder to Shoulder Global is incredibly grateful for their continued support and donations. We hope to see you all at the next Kiwanis4Kids event this October! Information to come- see our website for more information.
Incredible Donor Response for the December 2014

The GoodGiving Guide Challenge is a local partnership of the Blue Grass Community Foundation and Smiley Pete Publishing. GoodGiving.net is an online resource to inform, empower and enrich charitable giving in the region – benefiting donors, nonprofits and the community at large. The underlying database provides access to information about local nonprofits, including financial, governance and programmatic details. Data is assembled into information and, over time, matures into a knowledge base of nonprofit organizations that provide essential services for this region and beyond. This public, searchable database is a great way for nonprofits to share their stories with the community, as well as supporters, Community Foundation fundholders, prospective donors and funders, increase awareness about the role of nonprofits in the Lexington region, and encourage charitable giving.

This last year we were overjoyed by the incredible response to the December 2014 Good Giving Challenge. We received $17,075 from 106 donors for our efforts to serve the underserved! Locally, Shoulder to Shoulder Global placed in the top 10 of all small organizations during the campaign and in the top 20 overall in a field of more than 100 competing organizations.

On behalf of the clinic and all the communities served by volunteers at Shoulder to Shoulder Global, we thank you for your participation in this event!

We’re excited to announce that the 2015 Challenge will take place November 13, 2015 to December 31, 2015. We will be participating in the Good Giving Challenge again in 2015, please consider donating again and encouraging friends and family members to donate as well. It costs $100,000 annually to run Centro Medico Hombro a Hombro and every year we raise the money to help pay for those costs associated with the clinic.

Want to get involved with the Good Giving Challenge? Here is how:

1) The Good Giving Challenge will be open from November 13th to December 31st, 2015
2) Keep a look out for the Good Giving Challenge guide in the Chevy Chaser and other local publications.
3) We will be sending out emails to faculty alumni as the dates approach and during the Good Giving Challenge, providing the appropriate links and directions for how to donate.
4) If you haven’t already, join the STSG Facebook page, where you can keep up with the Good Giving Challenge, as well as our other updates about trips, tips, and pictures! https://www.facebook.com/ukystsg?fref=ts
5) Join the Good Giving Challenge on Facebook. You can receive updates about when and where to donate. https://www.facebook.com/goodgivingguide?fref=ts
6) Tell your friends, colleagues, and family to consider donating to STSG through the Good Giving Challenge.
7) Not sure what to get someone for their birthday or for the Holiday season? People asking you for gift ideas? Consider making your gift a donation to STSG through the Good Giving Challenge!

On behalf of Shoulder to Shoulder Global, thank you for your kind and generous donations. The money donated will really make a difference in.

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**X-Ray Update!**

You may recall brigade participant Winnie Boling, DMD, from La Grange, Kentucky, and her efforts to find a way to give the community at the Centro Médico Hombro a Hombro a portable x-ray machine. The dentist at the Centro Médico, Barbara, shared that an x-ray machine would greatly help her address serious issues in Santo Domingo.

Winnie sent out hundreds of letters to dentists near and far, made presentations to area philanthropists and put aside her own money to make the required $12,000 happen. The resulting purchase is something you can sink your teeth into!

Winnie is an alumni of the May 2008, August 2011, and March 2014 brigades. Travelling with the May 2015 brigade, Winnie trained on how to use the new x-ray machine. Like each brigade participant and each patient in Santo Domingo, She is a special person who is an inspiration to us all.

Thank you Winnie for all your hard work!

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**Upcoming STSG Events:**

August 7th - 16th – STSG Brigade to Ecuador

August 31st – STSG begins accepting applications for 2016 brigades to Ecuador

September 11th – STSG at Education Abroad Fair, UK Student Center

September 30th – Brigade application deadline for Spring 2016 brigades

November 13th-December 31st- Good Giving Challenge

December 2nd-21st - Add/Drop for, “Interprofessional Teamwork in Global Health” required course for registered students participating in 2016 brigades to Ecuador