Shoulder to Shoulder Global Celebrates 5th Anniversary of the Centro Médico Hombro a Hombro

This year’s May brigade marked the 5th anniversary of the Centro Médico Hombro a Hombro (CMHH) in the neighborhood of Carlos Ruiz Burneo in Santo Domingo, Ecuador. Special activities for the 5th anniversary included a special celebration with community members and key partners to commemorate the occasion. Dr. Tom Young (UK Pediatrics) and Dr. Claudia Hopenhayn (UK Public Health) were recognized for Shoulder to Shoulder Global’s (STSG’s) continuing efforts to improve the welfare of poor communities while developing the qualities and skills of students, faculty and staff.

The CMHH staff was also recognized, including recognition of the five newly trained promotoras (community health workers) that volunteer their time to educate community members about chronic diseases and family planning.

Fundación Acción Social Caritas (FASCA) director Father Euclides gave awards for the great partnerships that the CMHH has provided within the community.

The Centro Médico Hombro a Hombro was opened in April of 2007 as part of a comprehensive community development plan. The opening was the first phase of this plan and the 5th anniversary represents the celebration of a commitment to make a difference in the lives of those we serve. ¡Feliz Aniversario, CMHH!

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Morning of the 5th anniversary in front of the CMHH
Alternative Service Break partners with STSG March 2012 Rehabilitation Brigade

UK’s March rehabilitation brigade partnered with the Community Outreach’s Alternative Service Break for the first time in the program’s history to serve in Santo Domingo, Ecuador.

While attending to eighty-five patients throughout the week, the physical therapy team also carried out the first educational session for the Centro Médico’s health agents and Mercedes, Centro Medico’s community health worker. The forty-five minute session focused on back pain, providing enough basic information to enable trained participants to assist with postural relief and simple exercises for lower back pain.

The speech language pathology team was able to work with more than fifty patients, including many children.

The Alternative Service Break (ASB) team scraped, cleaned and repainted the wall at the CMHH and performed collective work to fix the pavilion’s ceiling. While assisting the rehabilitation teams, the ASB team was also able to donate books to community children and make a visit to a local orphanage.

IFMSA Holds 8th Annual Art of Healing Silent Auction

The International Federation of Medical Students’ Association (IFMSA) held the 8th Annual Art of Healing Silent Auction Friday, April 13th in the Wethington Building Commons. Featured items included “Kentucky Crafted: The Market” and other local Kentucky artisans. The event included a wide range of art and handcrafted items, jewelry, photography, paintings, and ceramics. Ecuadorian crafts and textiles were also available for purchase.

This year, the medical students focused on raising funds to battle anemia. Testing patients for anemia has a per patient cost of $1.00 and the iron pill to treat has a per patient cost of $10.00 over a three month period. With the $2,200 in proceeds from the event, the Shoulder to Shoulder Global brigade team was able to screen for anemia in children and child-bearing women in the Tsáchila communities of El Poste and Los Naranjos, as well as in the communities of Santo Domingo.

A big thank you goes out to the University of Kentucky chapter of the IFMSA and supporters of the silent auction. Your contributions towards the better health of a limited resource community continue to make a difference!
Katelyn (on right) works with Peace Corps volunteer Ronald Ikechi to build a shelter in the Tsáchila community

STSG’s coordinator stated that it was Katelyn’s “maturity and insightfulness” which helped cement the partnership between STSG and ASB. While in Santo Domingo, students and staff served at the Centro Médico Hombro a Hombro and learned about the health challenges facing Ecuadorians. As the result of a pre-trip initiative that Katelyn organized, UK’s ASB program presented local children with over 150 books.

Sarah Hermsmeier, Professional Advisor to the Alternative Service Breaks program within the Center for Community Outreach states, “Her engagement in the community is anything but episodic – it is everlasting and evident in every fiber of Kate’s being. Whether she is leading an ASB service immersion, facilitating leadership training for her peers, or simply sharing interesting articles, Kate’s passion for community service and commitment to social change is unprecedented among her peers”

University of Kentucky offers Interprofessional Teamwork in Global Health Course

Faculty and staff at the University of Kentucky, in conjunction with Shoulder to Shoulder Global, are offering students the opportunity to receive credit for their brigade experience.

The course, “Interprofessional Teamwork in Global Health”, was designed as a companion to the Shoulder to Shoulder Global Ecuador health brigades. It offers students an opportunity to learn how to work effectively as an interprofessional team in an international or community-based setting.

Dr. Hopenhayn, Interprofessional Teamwork in Global Health faculty member, stated the following about the Spring 2012 session, “The course was an opportunity for students from different disciplines to learn different aspects of the health professions and different ways to deal with particular situations, taking into account skills, culture and multidisciplinary approaches. In addition, it was an excellent opportunity for the faculty to come together to better understand and appreciate how their professions can complement one another; how to work and teach beyond the expertise of their own fields”
Hi everyone! My name is Brandy Burke and I am a senior studying Psychology in the College of Arts and Sciences. This year, my plan is to make our group more known, both on campus and within the community. I want our numbers to grow each year, as I believe that everyone can make a difference on a global scale. I hope that as a group we can raise enough funds that we can make the brigades even more affordable to the participating group's members. The more students that can afford to go, the more aid we are able to provide in the communities of Ecuador. I look forward to a great year with Shoulder to Shoulder and cannot wait to meet you all.

Meet Alex Núñez, Centro Médico Hombro a Hombro Dentist

Alex joined the Centro Médico in April as the clinic’s dentist. When asked why he wanted to work at the Centro Médico, he writes, “Because of the desire to serve, doing social work, to see crystallized my desire to help people of limited resources fulfill their wish to have better dental health and to help them feel confident enough to smile”.

Alex is a graduate of Universidad Central del Ecuador in Quito and completed his dental studies at the Estética Dental y Diseño en Sonrisas in Bogotá, Colombia. He loves to teach about the importance of oral health and makes sure to give patients options on how to best keep their teeth in good shape.

¡Bienvenido al Centro Médico, Alex!

Message from Pablo Boada, Shoulder to Shoulder’s Ecuador Coordinator

Pablo, STSG’s Ecuador Coordinator, is considered a brigade expert. Although officially new to the position, Pablo brings a wealth of experience and knowledge to the role.

He states, “Since the beginning of the proposal to have a Centro Médico in 2007, I have been working closely with STSG.

Briefly, I would like to share that my position has two main areas of concern: one area is cultural management and the other is the support and facilitation of brigade participants in the area of public health. In regards to this last topic, I’ve been active in several initiatives, working with almost 100 medical brigades in the last ten years. My interest is in working with interdisciplinary approaches for public health interventions in resource poor communities”.

Shoulder to Shoulder Global
May 2012 Brigade Continues Legacy of Community Empowerment

By Karen Frye, D.O.

In May 2012, a group of about forty people from various backgrounds within and outside of healthcare came together for a medical brigade in Ecuador. Our goal on this trip was to offer medical services to areas that are often unable to access routine medical care. Our main focus was to provide support at an established clinic that is run year-round by local staff and physicians, while also working with various indigenous communities throughout the country. As we saw first-hand on our brigade, there are many different determinants that can affect the health of a population, even within the same country. These factors can vary widely based on factors such as the location (geography/climate), available resources, access to care, education levels and more.

The May 2012 Brigade shows their UK spirit in front of the Centro Médico Hombro a Hombro

In the neighborhood of Carlos Ruiz Burneo, just outside the large city of Santo Domingo, there is the Centro Médico Hombro a Hombro clinic that was established five years ago by University of Kentucky’s Shoulder to Shoulder program. This clinic is run year round by local physicians and staff from the area. The people of this neighborhood face many obstacles in their daily lives that cannot begin to be solved by a one week medical brigade, but the trip allows us an opportunity to see and learn from the struggles they face. Some of the major influential factors we saw in the people using the clinic were a high level of poverty, unclean drinking water, unsanitary living conditions, lack of access to care, low education (in part caused by decreased availability because of the high price of schooling), and crowded living conditions.

On a day spent in the clinic itself, we toured around the neighborhood and met several of the families living there. A gracious mother accepted us into her home, which included a rock and dirt floor with walls made of propped aluminum. There were two beds in the one room, a room that housed at least ten people. Upon walking through the kitchen, a small hall just off the main room, we went out to the back of the house, which sits on a hill. At the top, near Empowerment continued on page 6...
the house, sits an outside toilet. Down below sits the uncovered, hand-built well where they get all of their water for cooking and drinking. At the bottom of the hill sits a river, dirtied by the sewage and trash of the hundreds of other similar homes sitting just above the river’s edge. When asked what she enjoys most about living here, she stated that she feels safe and comfortable here because she knows so many of the people living around her. But even this we know is not always the case, as the clinic was closed early just the day before for the funeral of a person from this neighborhood who was killed by gang violence. Just as this woman cannot control the violence, there are many other problems she cannot prevent, either. Health issues faced both by her and her children include wide spread malnutrition from lack of nutritious foods or from parasites that are all too common from the poor drinking water. There are also chronic health problems that people like her must face, including the rising prevalence of stroke and heart disease secondary to uncontrolled diabetes and hypertension. As we talk with her I cannot help but think, perhaps one of these was the cause of death of this woman’s husband, whom she states died several years ago, leaving her to raise all of these kids alone.

However, even among such poverty lie the seeds of hope and desire for change. This can be seen in anything from a neighborhood garden, where fresh vegetables and fruits are grown and a family is taught the trade of self-sufficiency, to a water purification program started by a local Peace Corps volunteer. Or even in the clinic itself, which was started five years ago and is run almost completely by local physicians and staff who serve the health needs of a community that would otherwise go without any healthcare at all. In our desire to help, we look at programs like these and realize that it is the intrinsic nature of education and knowledge that empowers people to change their own lives.

Physical Therapist Dr. Tiya Carson and The Lexington School Put Some Soul into Giving

By Martha Thompson, Teacher, The Lexington School

On March 13, 2012 Dr. Tiya Carson, D.P.T., visited The Lexington School to present a PowerPoint entitled "A Walk in My Shoes" to the third grade classes. The third grade teams were kicking off a two week service learning project of collecting shoes for the STSG medical mission trips to Ecuador. Tiya Carson is the daughter of one of TLS’ Montessori teachers, Marti Thompson. The Montessori students have directly benefited by the many trips to Ecuador that Tiya Carson has made in the past as they study areas of the world. The native and traditional Ecuadorian clothing and artifacts are used in the classroom as tools to introduce the children to life and culture of the world. During the presentation, the third year Montessori students modeled the clothing and played their instruments. The third grade classes made posters for the school halls and wrote letters to thank Dr. Carson for her visit. Using their, “Everyday Math Skills”, the students counted and graphed the shoes as they came in. At the end of the drive on March 30th, 264 pairs of shoes were collected. Tiya Carson, along with physical therapy faculty and students, escorted these shoes to the clinics in Ecuador and brought back photos of children who received them.
When are you coming back?

By Galo Grijalva, MD. FAAP.

I am a transplant to Kentucky, recently moving from Florida. This move gave me the opportunity to get involved with Shoulder to Shoulder Global, an organization created to bring help to underserved areas of the world. This can be accomplished by combining the medical expertise of doctors, residents of the different specialties, nurses, nurse practitioners, physical therapists, dentists, medical and dental students, pharmacists, pharmacy students and students of multiple disciplines anxious to put to the test their knowledge of Spanish by serving as interpreters.

There is an open armed invitation to participants because they can all do good, whether using their science backgrounds to see patients or to educate members of the community in regards to modern and practical methods of obtaining clean water and proper dental hygiene.

Everyone on the brigade worked with such a level of enthusiasm that it would be hard to match in any other working environment. The people, who varied from the humble inhabitants of the poorest outlying barrios, to the indigenous inhabitants of the various tribes, were overwhelmingly warm and appreciative. They paid us with a big smile, which was much more welcome than a dollar bill.

Overall, this was indeed was one of the greatest experiences I have ever had in my professional life. I am already getting ready for next year’s trip so that I can answer the final question that kept being asked…

“When are you coming back?”

Upcoming STSG Events:

- **August 3rd – 12th** – STSG Brigade to Ecuador
- **August 20th** – STSG begins accepting applications for 2013 brigades to Ecuador
- **September 6th** – STSG at College of Public Health
- **September 12th** – STSG at Education Abroad Fair, UK Student Center
- **September 30th** – Brigade application deadline for Spring 2013 brigades
- **November 28th** – Add/Drop begins for Interprofessional Teamwork in Global Health course
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We would like to say thank you to all of our donors… Shoulder to Shoulder Global could not function without your dedication and support.

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For more information about how you can support STSG, please contact Craig Borie at craig.borie@uky.edu

A sincere thank you for your support!