



The Boletín

Departure Issue
2017 Team Members



Medicos-en-Accion (Antigua, Guatemala)

Departure 2017

Volume 3 Number 1

Happy New Year everyone! We hope you had great Christmas and New Year celebrations and are ready to travel to Guatemala. On behalf of the MeA Board, thank you for volunteering your time and expertise!

Antigua is a very special place and the following information will help you with travel planning. Any question or concerns? Please contact us.

Supplies

Please ask your hospital (or suppliers) if they can donate a box of sterile gloves as well as any unused gowns or drapes. Surgical tape and dressings are also appreciated.

A list of specific supplies needed in 2017 is on page 3.

Food & Travel

When completing your immigration and customs paperwork when arriving into

Guatemala, please indicate that the purpose of your visit is **pleasure** not work. However, it is important that you submit a list of what you are bringing to your team leader so we can include them on our Master List.



Please remember to have a meal during your layover in the US before flying to Guatemala. Food is not available in the Arrivals area nor are any restaurants open in Antigua when we arrive.

If you arrive at Guatemala City before 10 pm on January 29, there is no place to comfortably wait. Airport authorities seem to think that everyone who arrives is going somewhere in a hurry so services are limited.

We advise that for your comfort and safety, you wait inside the Arrivals Hall until all the team members have arrived. There is a small area with tourist information but, unfortunately, no seating.

Money Exchange

While US dollars are widely accepted, Guatemala's official currency is the Quetzal. Dollars, preferably US, can be exchanged at most banks with your passport.



Many team members prefer to use ATM machines and these are widely available and generally secure. There are both currency exchange counters and ATMs at the airport. Some folks purchase Quetzals before arriving so they have cash for small purchases, tips etc.

To avoid ATM fraud, many travel veterans now use a Debit card dedicated to travel that is linked to only one account holding limited funds and with no links to other accounts. In case the card is compromised, thieves are thwarted by the daily withdrawal limit and the limited amount of cash in the account.

Your Health

You cannot drink tap water in Guatemala. Our hotel supplies one bottle per person per day in your room. Use this water to brush your teeth. Buy extra water as needed. The hotel will supply larger bottles but they are at your expense.

For work, daily walking etc., the hospital does have large containers of water from which you can fill a personal water bottle.

You may also want to bring small bottles of hand sanitizer that can be carried with you when travelling. Be aware that public washrooms have only cold running water (if any). Few have paper towels and may offer a communal hand towel for hand drying.

Bring CASH



Very Important!

As part of your commitment, all participants make a donation to cover mission expenses. Thanks to successful previous fundraising efforts, for the 2017 mission one week participants will pay \$400 USD and two week (or anything longer than one week) will pay \$800 USD (includes donation and expenses.).

Your \$300 CDN application deposit converted to \$225 USD so **please bring the balance in cash**: One week participants: \$175 USD; 1-2 week participants: \$575 USD.

It is important to know that only crisp new US bills are accepted. No tears, folds, spindling or wear! Bills damaged in any manner are not accepted anywhere. Avoid accepting them in Guatemala, too!

Depending on where you live, your bank may need to order in this quantity/quality of US currency.



Group dinners at Antigua restaurants are always interesting and enjoyable.

Suppers, weekend meals and any travel or other activities are at your additional expense. Antigua offers a wonderful variety of very good restaurants and dinners can run from \$15-\$35 (USD).

Team 2017

Herb Wong, Norm Weir, Sari Kives,
Amelie Foucault, Dominique Hai-
art, Otto Regalado, John Cleland.

Murray Reimer, David Fermor, Gordon Wood, Miriam Berchuk, Patrick Rice, Nina Hardwick.

Barbara Daykin, Nadia Beaumont, ,
Libby McMullen, Joanne Marceau,
Pauline Topham, Catherine Mac-
Kenzie.

Joanne Richard, Janet Hardie-Kaszuba, Silvie Abella, Shauna Nirmal, Tammy deRocquigny, Janet Lee Currell, Debbie Snider, Celia Mills, Laurie Beauchamp, Elna Borgenesset, Vicki Yankoski, Luisa Wilson.

Jean Gregoire Roveda, Matthew Hannon, Anne Gravel

Murray McCallum, Florrie McCallum

Cindy Reimer, Brenda Uhrynuk, Jill Haugo, Rosemary Abella, Marcia Haiart, Laurel Cleland.

The diagram illustrates the factors influencing the adoption of mobile health services, organized into five main categories:

- Key Players:**
 - Hospital and institutions
 - Ministry of health
- Key Influencer:**
 - Influencer group
 - Religious community
 - Community health promoters
- Value Proposition:**
 - Cost
 - Trust
 - Subsidized
- Customer Relationship:**
 - Referrals
 - Subsidized services
 - Education
 - Sustained
 - Self support
- Customer Segments:**
 - Older adults
 - Youth
 - Middle income
 - Low income

Below these categories are two boxes representing enabling factors and policies:

- Enabling factors:**
 - Technology
 - Infrastructure
 - Policy
- Enabling Policies:**
 - Solid waste
 - Health and culture
 - Community mobilization
 - Promoting institutions

Mission Schedule 2017

Friday, January 27
Travel day

Saturday, January 28
Free Day/Orientation walk
Welcome party

Sunday, January 29
Setup day at Hermano Pedro
Patient interviews & scheduling

Monday, January 30 - Feb 3
Surgery & Audiology Clinic

Weekend: February 4 & 5
Free Days. Some members travel to Panajachel for the weekend.

Monday, February 6 -10
Surgery

Friday, February 10
Minor surgery, pack up
Farewell party

Saturday, February 11
Travel home

Friday, March 17
Deadline: Submission of all receipts for travel and related expenses for a 2017 tax receipt.

Look for orientation info in your e-mail Inbox in mid-January!



Visiting Antigua's "scary" market is always a shopping adventure!

To learn more about current event and restaurant listings in Antigua and area:

Revue: revuemag.com
Que Pasa: quepasaenantigua.com

Antigua, Guatemala is a UNESCO World Heritage Site. Information can be found at:
<http://whc.unesco.org/en/list/65>
lonelyplanet.com/guatemala/antigua

Travelling to Tikal ?
<http://whc.unesco.org/en/list/64>
tikalnationalpark.org

For Panajachel and Lake Atitlan:
panajachel.com

As a UNESCO World Heritage Site, there are many things to experience in your free time including:

- ◆ Salsa dance lessons
- ◆ Cooking classes
- ◆ Chocolate making
- ◆ Yoga
- ◆ Shopping, museums, galleries
- ◆ Walking/hiking tours

Team T-Shirts



Medicos T's are available in V- and crew necks.

T-shirts will be issued to new volunteers at the Welcome Party. Veterans: please bring yours with you.



Supplies List

If you can arrange a donation of supplies from your hospital or supplier, that would be great. OR team members, please bring as many gloves as possible.

- Mayo stand covers
- split drapes
- Lap chole drapes
- Suction tubing
- Plastic yonker tips
- Gel foam
- 2" vag packing
- 1 cc syringes
- 5cc syringes
- Needles 25g- 1-1/2"
- lap chole 5 mm disposable ports
- Suction/cautery for tonsillectomies
- Bovey cautery pencils
- Lap sponges
- 4x4 raytec sponges



Please send a list of any medical supplies you are bringing to Dr. Norman Weir by **Wednesday, January 11** and also carry a copy with you.

Norman_weir@hotmail.com

Nurses and surgeons: Please bring about 40 pairs of your size/type of sterile gloves (two week supply). You can bring unsterile gowns and drapes, but no outdated supplies please.

About Medicos-en-Accion Canada

Formed in 2001, Medicos-en-Accion's volunteers provide surgical services, community health and education support in Guatemala and The Gambia.

Medicos-en-Accion Society

450 Greenstone Drive
Kamloops, British Columbia
V2C 1N9

Medicos-en-Accion/Guatemala

1431 Frontier Place
Nanaimo, BC V9X 1P5

Medicos-en-Accion Board

President: Anna Peron
Vice President/Team Leader The Gambia: Jon Just
Vice President Surgery Guatemala: Brenda Uhrynuk
Vice President /Team Leader Medicine Guatemala : Brian Polzer:
Treasurer: Dennis Wallis
Secretary: Christa McGuire
Website: Blake Farren

For Medicos-en-Accion/Guatemala Surgical Division

Vice President: Brenda Uhrynuk
Team Leader Surgery Guatemala: Norm Weir
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Orientation: Nadia Beaumont

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Medicos-en-Accion Society, incorporated in British Columbia, is a registered charity (#69569418) in Canada.

Sponsoring a team member or surgery is eligible for a tax receipt. Please ask for details.

In Memorium

Ruth Moen

1948 –1916

The Medicos-en-Accion family was saddened to learn of the recent passing of Ruth after a lengthy illness. Ruth was an early volunteer with the organization and made many trips to Antigua as a volunteer in the hearing clinic. Until recently, she volunteered as the Fundraising Chair.

Ruth will be remembered for her love for family, friends, and all people, her lively sense of humour, and for her gratitude to God for his goodness.



Plan for

2018 Mission

January 26 - February 10, 2018

- ♦ Applications open:
March 1, 2017
- ♦ Deadline:
June 30, 2017