



**St. Andrew's
Children's Clinic**

La Clínica

Nogales, Arizona

Summer 2012

How Far Our Patients and Families Travel to Clinic

Each month (except July) patients and their families travel to St. Andrew's Children's Clinic. Many travel great distances to get the care their child needs. Most of our patients travel by bus. We highlight some of these children here.



Ana Garcia is 9 years old. She lives in Caborca, Sonora. She left her home at 3:00 a.m. on Clinic day and traveled by bus to reach the Clinic. Ana is a patient in the **Vision Department**.

José Roman also lives in Caborca. He left his home at midnight by bus. This was his



first visit to The Clinic. He has scoliosis and is a patient in the **Orthopedics Department**.



Alexis Gastellum Ortiz is 4 years old. He has epilepsy and is a patient in the **Pediatrics Department**. He traveled to The Clinic by bus from Ciudad Obregon, Son. which took 8 hours. No wonder he was napping at Clinic!

Ehma Guadalupe Cabrera, age 15, lives in a small community near Mazatlan, Sinoloa. Driving time is 15+ hours. She and her family are moving to Caborca to be closer to The Clinic.

Ehma has no vision in her left eye and has limited vision in her right eye. She uses a telescope to see. She is a patient in the **Vision Department**.



Then and Now

Two-year-old Jesús Francisco Maldonado Pacheco is one of our long-time patients.



In 2006, he had his shoes on his hands as he playfully crawled around the examination table in the **Orthopedics Department**.



Francisco has spina bifida and lives in Nogales, Son. He is unable to walk without the aid of crutches. Then, his gait is slow and very awkward.

At the June Clinic, Francisco, now 8 years old, was delighted to receive his new wheel chair. The chair gives him a much greater level of mobility than walking with his crutches. The wheel chair specialist will mount a device on the back of his wheel chair that will hold his crutches so he can use them when needed.

Wheel chairs, even with a discount, can cost from \$500-2,000. The cost varies depending on whether the child needs specialized fitting due to his/her medical condition.



Lizeth Baypoli of Nogales, Son. was just 2 months old when her mother brought her to The Clinic for evaluation for cleft palate/cleft lip surgery. Her first stop after the **Pediatrics Department** was the **Nutrition Department**. Here, the nutritionists and occupational therapist helped her mother with nutritional supplements and a Haberman bottle and nipples

designed for these babies who cannot suck. They also taught her mother how to get her to eat baby food.

Today, Lizeth is 6 years old and is a patient in the **Speech and Language Therapy Department**. She has had both cleft lip and cleft palate surgeries. She will need bone graft surgery in 3 years.

She comes to The Clinic regularly for speech therapy. She still needs help pronouncing her consonants. The speech therapist works with both Lizeth and her mother on learning proper techniques. Between her Clinic appointments, Lizeth and her mother practice the sounds which will improve her speech.

Read more about our upcoming Annual Cleft Palate/Cleft Lip Mission on page 7. The average price for such surgery is \$1,000/child.



Physical Therapy in the Church Narthex

Every part of St. Andrew's Episcopal Church and Preschool are used for The Clinic. Not a space is left unused, even the Rector's office.

The narthex, or foyer, is spread with physical therapy mats each month. Here, volunteer physical therapists work to loosen and stretch tight muscles. They also focus on building muscles that will help children to stand and walk. The therapists show parents what exercises to do at home between visits to The Clinic.

This home therapy is crucial since appointments are at least a month apart and sometimes longer. The physical therapists report that families are great about following up with exercises at home.

Below, Barb Sinclair works to loosen and stretch muscles for Pauline Cruz Mercado. She is 9 years old and lives in Caborca, Son.



Below, Barb Tracy (right) works with Jonathan Cordoba. He is 13 and lives in Hermosillo. Jonathan has severely tightened muscles resulting from cerebral palsy.



Jil Martindale works to stretch muscles for Jesús Emmanuel Peña.



Jesús is 8 years old and lives in Guasave, Sin.

Clinic Wish List

To donate any of the items below, please call the Clinic office in Green Valley at:

(520) 648-3242 or e-mail **office@standrewsclinic.org**

- AA Batteries for speech/language devices
- Benefiber
- Blenders
- Breakfast drinks (powder or can)
- Clorox wipes
- Disposable bibs
- Disposable diapers (esp. newborn size)
- Eyeglass frames (children's, used)
- Ground flaxseed meal
- Hand sanitizers
- Hearing aids (used) and batteries
- Milk of Magnesia
- Peanut butter
- Pediasure (generic okay)
- Physical therapy (exercise) balls (45 cm & 55 cm)
- Physio rolls "peanut balls" (30 cm & 40 cm)
- Powdered milk
- Prune juice—small cans only
- Receiving blankets
- Trash bags with drawstring
- Umbrella strollers (available at Wal-Mart)
- Vitamins, adult
- Vitamins, children's chewable with iron
- Wheel chairs—child-size only
- Wipes
- Ziploc bags—quart size only

Volunteer drivers are needed to transport patients from the Border to the Tucson airport and return.

We also need volunteers to answer the telephone in the Green Valley Clinic office, file, and do data entry or special projects.

To volunteer, call The Clinic office at **(520) 648-3242**.

Patients Need Different Services

Ramon Valentin Garcia Rodriguez, age 10, is a patient in the **Speech and Language Therapy Department**. He had



cleft palate surgery and now returns to The Clinic for speech therapy. He is working on articulation and nasality. He lives in Caborca, Son.

Fernando Rios, age 8, lives in Caborca, Son. He needed a different kind of wheel chair than



we normally provide—one that would enable him to travel on bumpy, dirt streets and up a hill to go to school in Caborca. Kiko Trujillo, Director of Silla Todo Terreno in Nogales, Son., came up with the solution—their all-terrain wheel chair. Silla Todo Terreno is a non-profit group which hires disabled workers in wheel chairs to help make and test the chairs.

Kiko is shown with Fernando who has been using the chair for about a month and found it very suited for his situation. Fernando is a patient in the **Physical Therapy Department**.



Karen Millan (above) is a patient in the **Orthopedics Department**. She had hip dislocation and went to Shriners Hospital in Spokane for surgery. She is also receiving therapy in the **Physical Therapy Department**. Karen is 15 years old and lives in Nogales, Son.

Jemina Peña, age 4, lives in Puerto Peñasco, Son. She is a patient in the **Audiology Department**. Jemina has profound hearing loss in both ears and wears hearing aids.



Patients Need Different Services

Dayanne Ortega Sanchez is 9 years old and lives in Caborca, Son. She does not speak and is a patient in the



Speech and Language Therapy Department. She is on the waiting list for a SpringBoard communication device which costs \$2,500-3000.

Dayanne has severely swollen gums and is in need of dental care. The condition makes it difficult for her to eat solid food.

Emiliano Polanco Armenta is 3 years old and lives in Ciudad Obregon, Son. He has a cleft palate and hypomelanosis syndrome. He is deaf and doesn't see well.

Occupational Therapist, Marsha Klein (on the right) in the **Nutrition Department** shows his mother (on the left) how to feed him. She explains that



it is important that she warn the child before feeding him by touching his mouth with the spoon so he knows there is food coming. Because of his health condition, Emiliano doesn't have the strength to chew so they are using puréed food.

Francisco Escobar cannot walk and is a patient in the **Orthopedics Department.** He is also a patient in the **Vision**



Department where he is being seen for strabismus (crossed eyes).

Please Visit Us

Clinic Day tours for groups of 4-6 people are offered to the public (please see our calendar on the last page). The Clinic takes place at St. Andrew's Episcopal Church, 969 W. Country Club Dr., Nogales, Arizona. Take exit 8 from I-19 to Country Club Drive (the first traffic light).

Reservations are needed for tours. To reserve your place on a morning tour, please call the Clinic office in Green Valley at: (520) 648-3242 or e-mail: office@standrewsclinic.org

Each tour will begin with a video overview of The Clinic in operation. Then, a volunteer guide will lead the tour through The Clinic. Visitors are asked to refrain from taking photographs without permission.

Patients Need Different Services

Jesús Gamas, age 17, lives in Caborca, Son. He uses a wheel chair and received a new walker at the April Clinic. Shown below with Jesús is Bill



Johnson, Reiki Master. The **Reiki Therapy Department** helps children who are extremely tight and anxious to relax so other therapies can work better.

Michael Rivera Vasquez, age 17, is a patient in the **Audiology**



Department. He wears a hearing aid and lives in Hermosillo, Son.

Evelyn Bernice Alganta Solis of Caborca, Son. waits in the Reception Area which is the



Church Parish Hall. Patients are seen in the order they arrive at The Clinic.

Evelyn is a patient in the **Pediatrics Department.** She has a complex syndrome which includes frailty, bumps on her ear, and a deformed hand. She will be referred to other departments as needed.



Ceyra Guadalupe Paredes is 6 years old. She lives in Hermosillo, Son. Ceyra is a patient in the **Audiology Department** where she has been fitted with a hearing aid in her left ear. Her right ear is deformed with the ear folded over.

Volunteers in the **Audiology Department** test children's hearing, fit hearing aids, teach children and parents how to care for them, and do periodic check-ups of children wearing hearing aids. Donated used hearing aids can be reconditioned for reuse. We also appreciate donations of hearing aid batteries of any kind and size.

Supporters

Thanks to many of our supporters. Because we do not have newsletter space for these stories, you will find them on our Web site: www.standrewsclinic.org

Stories on the Web site are changed every 2-3 months.

Special Needs for Cleft Palate/Cleft Lip Mission

Our 8th Annual Cleft Palate/Cleft Lip Mission in Hermosillo, Son. is October 6-11. We will again be partnering with Children's Surgery International from Minnesota. The surgeries will take place at CIMA Hospital which is giving us a discounted rate. They close a wing of their hospital for our use.

Cost per child is about \$1,000 so if you would like to sponsor a child, please send your contribution in the enclosed envelope and mark the memo line: Cleft Palate/Lip.

Because the children have to wait sometimes quite a long time for their turn in the operating room, keeping them entertained is sometimes difficult. They get nervous. Music soothes the older children. We'd appreciate donations of inexpensive MP3 players or I-pods—we will put the music on them. Donations of play mats, coloring books, and crayons



would entertain the younger children. Thanks!

Victor José Hernandez, 5 months old, has a double cleft lip. His mother hopes that he will have surgery in October. The family lives in Los Moschis, Sin.

Gabriel Felix Castro, age 14, hopes to have surgery in October too. He needs a pharyngeal flap repair. He had cleft palate surgery when he was 1½ years



old. Gabriel lives in Pueblo Yaqui, Son.

We will screen about 70 children for surgery with final surgeries around 45. Children must be healthy and have adequate weight for surgery. This year we will be doing cleft lip, cleft palate, and pharyngeal flap repairs and bone graft surgery.

Volunteers—Please Sign In When Working at The Clinic

We would appreciate it if all volunteers sign in at one of the two Welcome Tables on Clinic Day. We need a record of how many hours you will be working to use in calculating our in-kind donations. This is important for us to have when applying for grants. In addition

to signing in, we often have announcements and handouts at the Welcome Tables.

One Welcome Table is near the Prayer Garden on the left-hand side of the Church as you enter the driveway. There is usually someone staffing this table.

The other Welcome Table is by the kitchen door, entering from the back parking lot. This table is not staffed.

If you use another entrance, please remember to sign in at one of the two Welcome Tables.

Remember the Clinic for Memorials and in Your Will

Looking for a way to honor someone special in your life? A contribution to The Clinic is a nice way to honor someone special—to say thank you, happy birthday, happy anniversary, etc. It will also help patients who need The Clinic's services.

Send your check in the envelope enclosed with this newsletter. Include the information about the memorial or honoring. The Clinic office will send the person notice of the memorial or honoring.

Another way to help The Clinic is to include a contribution in your will. Contact your lawyer for help with this.



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La Clínica

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Clinic Calendar

The Clinic meets on the first Thursday of every month except July.

- August 2 (Clinic)
- September 6 (Clinic)
- October 4 (Clinic)
- Oct. 6-11 (Cleft Palate/CleftLip Mission)
- November 1 (Clinic)
- December 6 (Clinic)

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The mission of St. Andrew's Children's Clinic in Nogales, Arizona is to provide free, specialized medical care to children living in Mexico who cannot get the care or afford the care they need in their home country.



Arleth Mileidy is a patient in the Orthopedics Department. She lives in Nogales, Son. and is 1 year old. Arleth has arthrogryposis where certain muscles and joints get stiff and don't work. Children with this condition are usually very smart and find ways to get around their disability to get what they need—like picking up things.

For now, Dr. Lehrman of Shriners Hospital suggests that she come to the hospital for surgery on her feet. This will help to get her feet to flatten out in a better position for walking. Next, she will be fitted with ankle-foot orthoses (AFOs) and later a walker.

St. Andrew's Children's Clinic receives funding from individuals, churches, organizations, corporations, and foundations. No government funding is received from either the United States or Mexico. Of donations received, 97% goes to direct patient care.