



Orthopedics and Orthotics

Two of our busier departments are **Orthopedics** and **Orthotics**. Many children are patients in both departments.



Alessa Noriega, age 7, lives in Hermosillo, Son. She has spina bifida. Although we don't see much spina bifida in the U.S. today, this condition is more prevalent in Mexico.

Alessa cannot walk and depends on her wheel chair for mobility. We get discounted wheel chairs, but these still cost \$500-\$4,000 depending on the type of adaptation needed for the child. As the child grows,

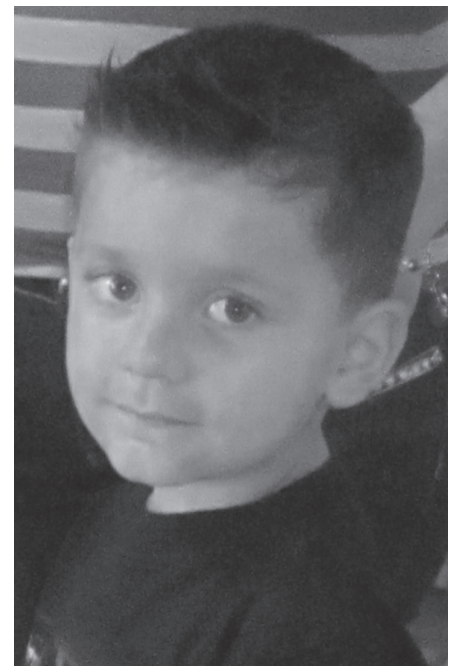
we provide a larger wheel chair, taking the used one to hand down to another child.

Alessa also wears ankle-foot-orthoses (AFOs) to help keep her feet straight. Dario Millanes, below, also wears AFOs. These cost approximately \$750. Dario lives in Huatabampo, Son. and



is 6 years old. He does not walk well, and the AFOs help to keep his ankles and feet properly aligned to help his walking.

Abel Garcia Perez, age 4, is a new patient at St. Andrew's. He has problems with his hip. He will be diagnosed by the **Orthopedics** doctor. If he needs surgery, we will send him to **Shriners Hospital** in either Spokane, WA or Sacramento, CA. In each case, The Clinic will pay the air fares for him and one parent to accompany him. We send patients when there is an opening in the surgery schedule so this means we pay \$1,000-\$1,500 for each round-trip air fare.

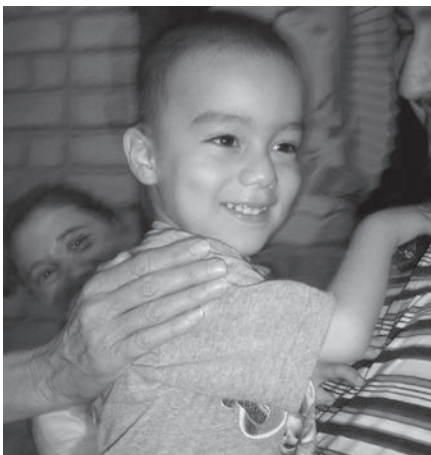


Then and Now

Hector Lopez came to the Clinic when he was 6 months old. He lives in Nogales, Son. The doctors diagnosed



him with arthrogryposis. He has no real knee, elbow, or wrist joints. Hector and his mother traveled to **Shriners Hospital** for surgery on his feet. He was very traumatized by the surgery.



At The Clinic, **Reiki Masters** worked to help relieve the clenching which often results when anyone is hurting from surgery.

Usually, the patient lies on a table for Reiki Therapy, but Hector was so traumatized that the Reiki Masters worked their “healing magic” while his father was holding him. He was 3 years old.

At age 4, Hector was the happiest we had seen him. He was talking excitedly with the **Occupational Therapist**. In the photo, he is showing her the strength in his hands as he pushes down on a toy. She used this method to see if he was strong enough to push a wheel chair.

Hector is unable to walk. He moves by jumping his body up and down while his legs are crossed. He can move very fast this way.

Children with arthrogryposis are very bright. They are good at figuring out ways to adapt. For example, to eat, Hector rests his arm on the table and brings the fork up to his mouth.

At age 4, Hector received his first wheel chair; he could go to school. He was delighted to be mobile. He could not uncross his legs so the wheel chair had to be large enough for him to sit cross-legged.

Now, Hector is 11 years old. He is able to uncross one leg, but keeps the right leg bent. The **Physical Therapist** said that he can now propel himself in a wheel chair, toss a ball by crossing his wrists, and transfer himself from his wheel chair to a bed on a slide board. His mother helps him minimally. He has made a lot of progress in caring for himself.

Hector has a cheerful outlook



on life. He is an example of one of our long-time patients who continues to get **occupational** and **physical therapy**. He will need a larger wheel chair in the near future.



Donation Drive Sponsored by Arizona Hearing Specialists

Each month, Audiologists and support staff from Arizona Hearing Specialists volunteer in the Audiology Department and see our patients who need hearing aids.



Hearing is tested, hearing aids are cleaned, and both patient and parent are taught how to care for the hearing aid.

Like many of our volunteers, personnel from Arizona Hearing Specialists do even more for our children. Last year, they began an annual Donation Drive to collect new or gently-used clothes, toys, and non-perishable food for distribution at The Clinic.

This year's Donation Drive is Saturday, Nov. 3, 9:00 a.m.-1:00 p.m. Please bring items to either of the Arizona Hearing Specialists locations: 7574 N. LaCholla Blvd., Tucson; or 512 E. Whitehouse Canyon Rd., # 196. All donations will be distributed at the December Christmas Clinic. Help us to make this a special Christmas for our children.

Above, Greg Swingle, Aud.D., examines Jose Avila Moreno. He wears hearing aids in both ears. Jose is 13 and lives in Magdalena, Son.



Yamilte Guadalupe Gutierrez Alvarez wears only 1 hearing aid. She is 5 and lives in Caborca, Son.



María Eva Ceras is 11 and lives in Alamos, Son. She wears hearing aids in both ears. María is one of several teens from Alamos who were tested by Dr. Ted Glatke at a special hearing clinic set up in Alamos.

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 business office, file, and do data entry or special projects.

Patients Need Different Services

Dr. Francisco Valencia examines Carlos Carpio Espinosa in the **Orthopedics Department**. Carlos is 9 years old and lives in Hermosillo, Son.

Carlos has Legg-Calve-Perthes disease characterized by a loss of blood supply to the femoral head of the right hip in his case. Over time the blood vessels are likely to grow back and bone



reform, although an x-ray will show an abnormal hip. Carlos should do quite well; his case is not severe enough for surgery.

Daniela Solis, age 4, also lives in Hermosillo. She has strabismus with one eye looking inward. Often eye glasses will correct this situation. If not, we work with an ophthalmologist who will do the surgery.



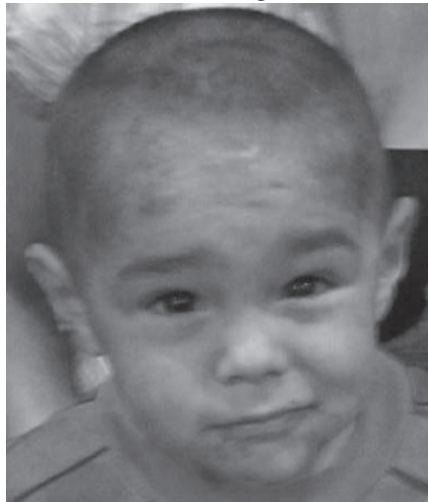
She also wears special shoes to correct a foot problem. She is a patient in the **Vision and Orthotics Departments**.

Vision Department Volunteer Rudy Piña helps Angel Valenzuela to read a book. Angel is feeling the images on the



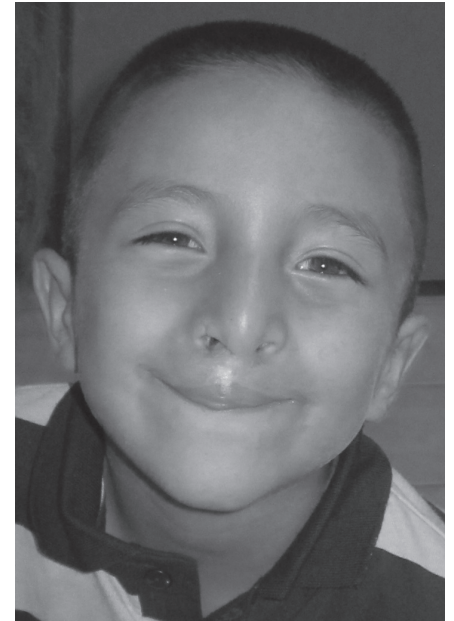
pages as he is mostly blind. His mother is learning Braille so she can help him when he is ready to read Braille. Angel is 2½ and lives in Nogales, Son.

Axel Omar Schultz is 2 years old and lives in Nogales, Son.



He falls a lot and is at The Clinic for corrective shoes in the **Orthotics Department**.

Luis Fernando Guirado Gonzales is 6 years old and also lives in Nogales, Son. He had his first cleft lip surgery at age 3 months. This was followed by cleft palate



surgery in 2009. He had pharyngeal flap surgery in 2011. He is a patient in the **Speech and Language Therapy Department**.

We'll have more on our October Cleft Palate/Cleft Lip Mission in our next newsletter. Luis is one of many patients who require more than one surgery. Other missions to third-world countries do only one surgery without any follow-up surgery or speech and language therapy. It's not too late to sponsor a child for this year's mission. Our cost is about \$1,000/child.

Patients Need Different Services



Javier Hernandez Velarde is having his hand wrapped by a **Shriners Hospital** nurse in the **Orthopedics Department**. His thumb was turned into his palm. Surgeons at **Shriners Hospital** fused the thumb and rerouted the tendon so the thumb won't turn inward resulting in much improved function of his hand. Improved function is the main reason for the surgery since the thumb is functionally 50% of the hand.

Javier is 14 and lives in Naco, Son.

At each clinic, one or more doctors and nurses for either **Shriners Hospital**, Spokane or Sacramento, come to our clinic to assess patients for surgery at their hospital. They also do follow-up on patients after surgery.

We are very grateful to **Shriners Hospitals** for providing free surgeries to our children. The Clinic pays the round-trip air fare for patient and one parent. The cost is usually \$1,000-1,500.



Seven-year-old Yeraldi Gaxiola is a patient in the **Vision Department**. She lives in Huatabampo, Son. She will be examined by our volunteer eye doctor to determine her need for glasses.

Children needing glasses can get a free pair once a year unless medically necessary for more frequent prescriptions. The Clinic accepts children's used eyeglass frames for reuse. You can leave these at our Green Valley Business Office.



Physical Therapist Barb Tracy is explaining to Dr. Ballesteros (not pictured) the type of ankle-foot-orthosis (AFO) that is needed by the patient, Leslie Abigail Gil Mendosa. Dr. Ballesteros is a specialist in Physical Medicine and Rehabilitation who volunteers in the **Orthopedics Department**. Leslie is 3 years old and lives in Nogales, Son.

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.

Please note: From the Welcome Table, you will need to walk several hundred yards over our unpaved, uneven and slightly uphill driveway to the Ramada for the video and beginning of the tour. You will find that there are several congested areas in The Clinic. Please give right-of-way to Clinic patients and volunteers. Thank you!

Patients Need Different Services

Sofia Arias Leon is a patient in the **Nutrition Department**. She was at the September Clinic for follow-up. The



previous clinic her mother was advised for care in regard to a problem with constipation. Sofia is 3 years old and lives in Nogales, Son.

Our nutritionists dispense vitamins and supplements free of charge to those patients who need them. Some patients cannot eat solid food so the nutritionists give parents donated blenders to make puréed food. Our Wish List on page 3 contains many items for the **Nutrition Department** that you can donate.



Ramon Castillo Viscarra is 16 and lives in Hermosillo, Son. Ramon has cerebral palsy. He walks with a walker. He has been coming to The Clinic for several years, but September was the first time he was a patient in the **Orthotics Department**. He was fitted with ankle-foot-orthoses (AFOs) to help stabilize his ankles.



Miriam Ochoa, age 9, also lives in Nogales, Son. She is a patient in the **Orthotics Department** where she was fitted with AFOs and special shoes.

e-Script—Another Way to Give to The Clinic

It's easy to register St. Andrew's Children's Clinic as a beneficiary with the e-Script program—automatically donating a percentage of your purchases to The Clinic.

Grocery, online and restaurant purchases all qualify when you register your loyalty card

or credit/debit card. Ask your merchant(s) if they participate and what is their procedure. For example, you can register at Safeway by telephone: 1-800-400-7878, press 2 and a real person will ask for your Safeway Club Card number and your address.

Online, go to www.escrip.com and follow "Make a Difference in Four Easy Steps."

23rd Annual Wine and Cheese Among the Trees Benefit for The Clinic

Lou Clapper and Richard DeLong are once again opening their home filled with decorated Christmas trees and nativities to benefit St. Andrew's Children's Clinic.

Join us on Sunday, December 2, 2:00-6:00 p.m. at: 781 N. Linda Vista Drive in Nogales, AZ. There will be 20-25 distinctly decorated trees (mostly different each year) and numerous nativity scenes scattered throughout the hosts' home. This is a bi-level home, and trees and nativities are located on both floors. Also, enjoy a portion of the largest private collection of the late Hugh Cabot's art work.

All this and choose from four varieties of wine and about 10 different cheeses and several pâtés. Non-alcoholic beverages also available.



Ticket prices are \$25 for adults and \$5 for children and are available by calling Clapper and DeLong at (520) 287-5929, or at St. Andrew's Children's Clinic Business Office located at 75 Calle de las Tiendas, Ste. 129B, Green Valley or call them at: (520) 648-3242. Tickets also available at the door. Entire ticket price benefits The Clinic as the hosts underwrite the cost of the event.

You'll want to make this part of your annual holiday celebration. Comments heard from past years: "Wow!" "I've been through the house already, but now I'm going through and finding trees and nativities I didn't see before." "I was here last year, but this is all different."

Clapper and DeLong begin decorating on Halloween. They each decorate their own trees, and it is always fun to guess who did what tree. Also, Richard has made some of the ornaments, and it is amazing to see the work he has done. Some of the paper-cut ornaments are quite intricate and require much patience to create.

See you in December—have fun and help us raise money for The Clinic!

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.



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

La Clínica

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ORGANIZATION
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Green Valley AZ
PERMIT NO 367

P.O. Box 67, Green Valley, AZ 85622

Address Service Requested

Phone: (520) 648-3242

(Green Valley)

Fax: (520) 740-9701

(Green Valley)

Email:

office@standrewsclinic.org

Website:

www.standrewsclinic.org

Clinic Calendar

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

- October 6-11
(Cleft Palate/Cleft Lip Mission)
- November 1 (Clinic)
- December 6 (Clinic)
- January 3 (Clinic)
- February 7 (Clinic)
- March 7 (Clinic)
- April 4 (Clinic)

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Editor, Writer, Photographer

& Layout: Vicki R. Fitzsimmons

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adobepress@mac.com, Tucson

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 Moreno Orozco is 2 and lives in Hermosillo, Son. She has a dislocated left hip requiring surgery to put the ball back in the socket so she can develop normally. She can walk but has a rocking gait. At her young age, chances of developing normal hip and walking after surgery are excellent. Arleth will be at **Shriners Hospital** approximately 2 months for the surgery and physical therapy. We have a church that is willing to raise money for air fare for Arleth and her mother. If your church or organization would like to sponsor a child for a certain procedure, please contact us at: (520) 648-3242 or e-mail: ed@standrews-clinic.org.



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.

Cruzando fronteras para ayudar a niños minusvalidos de México