

# An Abundance of Medicine



There is nothing so gut-wrenching for the clinic's staff and patients alike as barren pharmacy shelves. Annual medication purchases for the Fellow Man project are now over twelve thousand dollars. One of the most difficult things about providing medical care for impoverished patients is the retail cost of medicine. Even if the physical exam which leads to a correct diagnosis is provided free of charge, it does little good if the patient has no money to purchase the needed medication. Antibiotics as well as drugs to treat chronic conditions such as high blood pressure and diabetes are among the most costly to buy in a commercial pharmacy, far from reach for those who earn subsistence wages.

Fellow Man International purchases medicine from two distinct sources. Blessings International, a non-profit organization based in Tulsa, Oklahoma sells medication at a fraction of the cost, to other non-profit medical organizations both domestic and abroad. Other medications such as those used to treat parasites and other tropical diseases are purchased from Diprofarma in San Pedro Sula. This pharmaceutical wholesale house sells medication to many international relief organizations such as CARE and World Vision at greatly reduced prices. Earlier this year, a campaign was organized to raise enough money to purchase a year's worth of medication. A miraculous total of over eighteen thousand dollars was raised, allowing us to purchase medications in bulk which will last for more than a year. It is enough



*Before and After: The pharmacy shelves were bare, but now thanks to the generosity of so many...the shelves and the need have been filled.*

medication to treat roughly fifteen thousand patients or more. Thank you FUMC - Great Bend mission team for transporting this precious cargo.

## Thanks to Your Generosity

We would like to express our most heartfelt gratitude to all of those who gave so generously toward the medication fund. Many of the clinic's patients travel long distances to receive much needed medical care. More than 70 percent of our total patient base is comprised of women and children, some of the most vulnerable of Honduras' poor. Thanks to you, the clinic's pharmacy has been stocked with enough medication to last more than a year. In practical terms, it will provide medicine at a cost of \$1.20 per patient, treating everything from

minor aches and pains to life-threatening infections. Thank you so much to the churches, organizations and many individuals who found it within themselves to give during our time of need. No words could possibly express the anguish we feel when the pharmacy shelves are bare. It is heartbreaking to say to a poor patient who can not afford to purchase medications in a private pharmacy the words "no hay" or there is none. What a privilege it is to serve those in need. We are profoundly grateful to find our shelves well-stocked thanks to your generosity!

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### Special points of interest:

- *How Much Medication Will \$18,000 Buy?*
- *Grade school construction begins*
- *Great Bend First United Methodist Church team comes to Honduras*
- *The Face of Hunger*
- *Field Notes—The Stoplight Magician*

# How Much Medicine Will Eighteen Thousand Dollars Buy?

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- Twenty thousand anti-acid tablets
- Twenty thousand extra strength Tylenol
- Three thousand capsules of Omeprazole
- Two hundred Tylenol suppositories
- Ten thousand tablets of Ranitidine
- Twenty thousand tablets of children's strength aspirin
- Twenty thousand tablets of Ibuprofen
- Twenty thousand tablets of naproxen sodium
- Two thousand tablets of Clarithromycin
- Ten thousand capsules of doxycycline
- Ten thousand tablets of fluconazole
- Twenty thousand tablets of Metronidazole
- Four thousand tablets of Acyclovir
- Five thousand tablets of Chlorpheniramine
- Fifteen thousand tablets of Benadryl
- Five thousand tablets of Loratidine
- Four thousand tablets of Pseudoephedrine Hcl
- Five thousand tablets of Atenolol
- Ten thousand tablets of Captopril
- Five thousand tablets of Enalapril
- Two thousand five hundred tablets of Furosemide
- Ten thousand tablets of Hydrochlorothiazide
- Two thousand five hundred tablets of Metoprolol
- Twenty thousand tablets of Ibuprofen
- Ten thousand tablets of Prednisone
- Three thousand tablets of Amitriptyline
- Two thousand tablets of Citalopram
- Two thousand five hundred tablets of Carbamazepine
- Two thousand tablets of Metaclopramide
- Five thousand tablets of Albuterol
- Three hundred ampules of Albuterol
- Two thousand tablets of Digoxin
- Twenty thousand tablets of Glipizide
- Ten thousand tablets of Glyburide
- Twenty thousand tablets of Metformin Hcl
- One thousand tablets of Carisoprodol
- Twenty thousand Iron tablets
- Twenty thousand Folic Acid tablets
- Fifteen thousand Children's Chewable Vitamins
- Fifteen thousand Multivitamins
- Ten thousand Prenatal Vitamins
- Twenty boxes of Hemorrhoidal Suppositories
- Five boxes of Triple Antibiotic Cream in small foil packages
- Thirty-six tubes of Triple Antibiotic Cream
- Sixty tubes of Clotrimazole
- Thirty tubes of Miconazole
- Forty-five tubes of Neomycin, Polymyxin Eye drops
- Ten boxes of Oral Rehydration salts
- Nine hundred sixty bottles of Amoxicillin in Suspension
- Forty bottles of Cephalexin in Suspension
- Three hundred bottles of Nystatin in Suspension
- Two hundred bottles of Sulfamethoxazole/trimethoprim
- Twenty bottles of Lidocaine HCl
- Two hundred vials of Cefazolin Injectable
- Two boxes of Foley Catheters
- Ten thousand Cotton tip applicators
- Ten boxes of Ace Bandages
- Fifteen Boxes of Surgical Blades
- Twenty thousand Tongue Depressors
- HIV Test Kits
- Ten Bottles of Urine Test Strips
- Two Digital Thermometers with Probe Covers
- Ten boxes of Pregnancy HCG tests
- Ten Thousand Chewable Children's Tylenol tablets

*In addition to this list, gallon containers of liquid Tylenol, parasite medications, allergy and cough syrup, delousing shampoos and IV solutions were purchased to fully stock the clinic's pharmacy.*

**Thank You!!**

## First United Methodist of Great Bend Sends Helping Hands

Jim Pitts of Great Bend First United Methodist church was quick to call up a work team when word of a new grade school building reached his ears. The current grade school only has room for eighty students. This year enrollment reached an all time high of one hundred forty children. A plan was devised for a new, two story school building which will have four classrooms and indoor bathroom facilities. All that was needed would be money for materials, work teams and villager's sweat equity.

Fortunately there were those who dreamed of a blaring tropical sun, heavy labor and the satisfaction of a child's broad smile. A team of seven volunteers from Great Bend quickly made plans to travel to our remote mountain top. It was an unlikely group of people. There was a young college woman, a retired Quaker pastor, two music teachers, a retired veterinarian, a pharmacist/financial advisor and engineer. Yet, they pulled together to work as a team quickly finishing in one week, a foundation that would have otherwise taken local village volunteers more than three weeks.



*Great Bend FUMC work team members stand before the foundation they helped to create for the new school. The concrete was mixed by hand and large boulders were carried to the foundation trenches. Excited villagers pitched in an extra hand to help the "gringos" with their work!*



Semi-retired Great Bend veterinarian Terry Turner even took care of animal patients during his visit. He brought wormer for dogs, cats, cattle and horses leaving enough behind for us to continue to treat the animals for some time to



come. It was quite the week on the mountain as Honduran and American worked side by side toward a common goal. While the group built a school foundation, they also left behind another kind of foundation. It is the foundation of friendship and love. It is a genuine sense of caring. The school children's parents as well as other villagers have continued to donate their time on the construction as hope makes way for a brighter future.

## The Face of Hunger - Her Name is Erica



While at first glance, this little fifteen month old girl may appear to be fat, take a closer look. She isn't. She is severely malnourished. Erica was brought to our clinic nearly a year ago in third degree malnutrition, with a condition otherwise known as Kwashiorkor. Kwashiorkor is a condition that results from inadequate protein intake. This chronic problem leads to growth failure, loss of muscle mass, generalized swelling (edema), and decreased immunity. A large, distended abdomen is common. Often times, parents will mistakenly believe that the swollen belly is a sign of parasites, treating their child with over-the-counter parasite medication to no avail.

By the time Erica's father made his way to the clinic from their extremely remote village close to the Guatemalan border, Erica had multiple medical

problems. She would require much in the way of medical attention as well as a specialized diet if she were to have any chance at recovery.

Finally, Erica's father agreed to allow Lisa to take his daughter to a nutrition center which provides specialized care to severely malnourished children. It was hard to separate father and daughter, especially because this problem arose not out of abuse but instead because of abject poverty. *Look for more pictures and information on Erica's family situation in the next newsletter.*



*This is Erica today. She spent one year in a nutrition center, managed by a Catholic organization in Progreso. She has now been placed in a foster home until her family situation can be improved.*

## Funding for New Grade School Still Needed

Funding for the construction of the first floor of the new grade school is still needed. We have received the following funds to date:		Item	Quantity	Cost
FUMC Chanute	\$2,500.00	Cement blocks	3,000	\$1,500.00
First Presbyterian Salina	\$3,000.00	Loads of Sand	20	\$500.00
FUMC Great Bend	\$1,000.00	Loads of Gravel	30	\$500.00
TOTAL	\$4,500.00	Rebar	230	\$930.00
		Bags of Cement	500	\$2,500
		Iron Beams for Roof	30	\$550.00
		Tin Lamina for Roof	86	\$860.00
		Windows	10	\$1,100.00
		Ceramic Floor Tiles	60 boxes	\$800
		Paint	25 gallons	\$750.00
		Bathroom Fixtures		\$350.00
		Water Storage Tank		\$400.00
		PVC and other plumbing needs		\$280.00
		Labor		\$2,500.00
		<b>Total</b>		<b>\$13,520.00</b>

**STILL NEEDED**  
**\$9,020.00**

## A New Ambulance Means Better Access to Medical Service

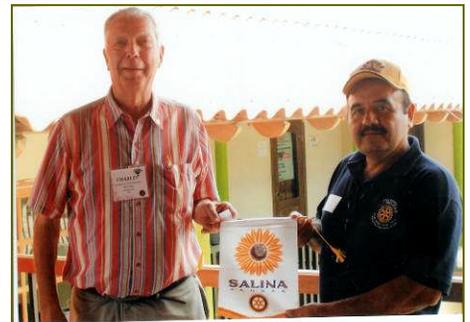
Salina Noon Rotarian Charley Weathers has been working very hard to make sure Fellow Man International has a decent vehicle to use as an ambulance. He wrote the grant request to the Rotary International Foundation and then continued to follow up with the partnering club in Santa Barbara, Honduras on nearly a monthly basis. Eighteen months later, Charley and his wife Jane traveled to Honduras to make the dream of dependable patient transportation a reality. A Rotary event was planned in Pinalejo complete with a traditional marimba band and typical Honduran meal. The keys to a brand new Mitsubishi 4x4 pickup truck were presented to the mission, replacing the 1987 Isuzu trooper which had accumulated over 270,000 miles.



The new vehicle has been modified to serve both as ambulance and public transportation. The bed of the truck now has padded seats, a metal cage and a canvas covering to protect staff and patients from the elements. Fellow Man International has established a daily transportation schedule to and from Pinalejo to the clinic in Buenos Aires, making access to medical care much more convenient for poor patients living in the valley below.

Already, the vehicle has been used as an ambulance, transporting seriously injured motor-vehicle accident victims to the public hospital in San Pedro Sula. It has also been used to transport several obstetrical emergencies which occurred at night. Every Thursday, Edmundo Ordonez, the staff dentist travels to an outlying mountain village with a portable dental chair and equipment to provide much needed dental services to grade school children.

A four-wheel drive pick-up was chosen instead of a traditional ambulance because of the remoteness of the villages the clinic serves. During the rainy season, most of mountain communities are unreachable except by means of four-wheel drive.



We would like to offer our humble words of gratitude to Charley and Jane Weathers, Rotary District 5670 which includes the Salina Noon Rotary and Sunrise Rotary, the Rotary club from Santa Barbara, Honduras and finally the Rotary International Foundation for this wonderful gift!

## Internist Dr. Jon Richards Provides Specialized Care

Dr. Jon Richards is no stranger to Honduras. In August, he made his third trip to Buenos Aires, offering his services to those in need. On this occasion, he brought with him his son Deni. While Deni worked on the construction of the new school building, Dr. Richards offered his expertise as a specialist in Internal Medicine to some of the clinic's most difficult medical cases.

Dr. Richards once worked as a family practitioner in Western Kansas. He knows all too well what it's like to be alone in a remote area, responsible for everything from trauma to birthing babies. Dr. Jon has worked with several of the clinic's general practitioners, helping them to master the art of managing high blood pressure, diabetes and heart disease. He has a practical way of offering advice keeping in mind Honduras' financial and technological constraints.

Each time he visits Honduras we are amazed by his improvements in the Spanish language. Dr. Richards has practiced key phrases to earn the confidence of his Honduran patients. "Breath deeply," he says in Spanish and the patients comply. Specific patients with illnesses difficult to treat were asked to make appointments with Dr. Richards. Some of the conditions that were seen during the week were things such as rheumatoid arthritis, aortic stenosis, cardiomyopathies because of a tropical illness called Chagas and Grave's disease, a thyroid condition. Dr. Richards took such time and care with the patients giving them first class treatment, all the while educating our staff as to the best way to proceed.

Some of you may remember one of our young nurses from a few years ago, Nidia Ramirez. Nidia has been diagnosed with rheumatoid arthritis and at times because of excruciating pain and stiffness, is confined to her bed. One of the special favors that was asked of Dr. Richards was to bring a drug called Methotrexate with him to Honduras. It is a wonderful medication that can sometimes be used in patients with rheumatoid arthritis to keep their symptoms at bay and perhaps reduce the chance of joint deformation. Nidia came to



*This ten year old girl had a terrible infection of her scalp which may have started as a fungal infection, but then became twice infected by bacteria. Dr. Richards prescribed a combined therapy for the child and she returned two weeks later completely healed of infection and with new hair already beginning to grow.*

see Dr. Richards. He prescribed a low dose of the precious Methotrexate he brought in his carry-on luggage. She has been on the medication now for seven weeks and is pain free for the first time in nearly two years. What a miracle for a twenty-six year old woman who was beginning to believe she would never be able to play with her young children again. On behalf of the patients and staff, we thank Dr. Richards for his time, dedication and gifts of professional services. We would also like to thank Deni Richards for his tremendous efforts toward the construction of the new grade school.

## Field Notes - The Magician at the Stoplight

There we were, just sitting at the stoplight when a man dressed in tattered clothes stepped out into the line of traffic. I thought to myself, "hey, that's a new way of begging for money by making a human road block". Financial times in Honduras are always rough during June and July. It seems like lately there have been more beggars in the streets than ever. It's a depressing sign of the increasing poverty in Honduras. Everyone was trying to avoid eye contact with the man as he held up an empty box in front of us. You see, if you make eye contact it might be misconstrued as an invitation for more personal contact such as actual conversation. It was hot and I was tired. I just didn't feel like rolling

down my window to hear yet another heartbreaking story of desperation. Yet, there was something fascinating about the man. He was smiling and twirling around as if he had not a care in the world. The hollowness of his face and his threadbare clothing told a different story. Still, I could not help but wonder what the box was for. Would he be bringing the box around to the car windows to ask for money? I wasn't sure, but I did wish the light would turn quickly before he made his way to my window. And then it happened in the most unexpected twist of luck during stoplight boredom. The man placed a lid on the top of an empty painted shoe box. He then opened the box to reveal a beautiful white dove. He

pulled the dove out of the box. It flapped its white wings in the blaze of tropical sunlight. It was a beautiful sight. The man was looking at the dove with such joy. He then looked at the long line of traffic with an impish twinkle in his eyes. People began to clap and honk their horns in appreciation for the stoplight entertainment. Quickly the car windows came down and bills bigger than the usual one lempira were flying in the breeze like the Honduran national flag. The man put the dove on his shoulder and made his way from car to car with the colorful painted shoebox. The bird didn't move, but it seemed almost metaphorical to see this street beggar with a dove on his shoulder almost as if it were the holy spirit.

## Take Our Hand - Together We Can Make A Difference

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***Love in Action for the Benefit of Our Fellow Man***

## IRS Grants 501 (C) 3 Status to FMI Foundation

It's official. The IRS has finally granted 501 (c) 3 status to the newly formed Fellow Man International Foundation. After nearly nine months of preparation and planning, the letter of approval came on May 1, 2007.

The Fellow Man International Foundation was created for the purpose of providing financial and professional support to the Honduran non-government organization Prójimos Internacional (*Fellow Man International of Honduras*). The Board of Directors is comprised of professionals who are highly achieved and expert in their respective fields. The FMIF Board is working diligently to assure long-term, ongoing financial support that will provide for the current and future needs of the project.

Board members traveled from various in-state and out-of-state locations to convene in person in Salina, Kansas for the first time on the 19th of May. It was a

wonderful chance for everyone to meet face to face. It also provided an opportunity to discuss in-depth the direction the Foundation should take as it supports the work in Honduras.

All donations given to the Fellow Man International Foundation are tax deductible. A major fund drive is planned for the fall of 2007. If you would like to receive a personal visit from one of the board members, they would be delighted to speak with you regarding the Foundation's activities and ways in which individuals might help.



### **FMIF Board Members**

**Marshall Stanton - President**

**Doug Stein - Vice-President**

**Don Schroeder - Secretary**

**Jay Langley - Treasurer**

**(All officers are from Salina, Ks)**

**Rene Suazo - Ft. Collins, CO**

**Dee Holman - Great Bend, KS**

**Ted Rock - Downer's Grove, IL**

**Eugene Faut - Lake Barrington, IL**

**Cindy Finley - Chanute, KS**

- *For information regarding volunteer opportunities with FMIF, please contact Marshall Stanton at [mstan151@informatics.com](mailto:mstan151@informatics.com)*