



Education—Part of What We Do

Education is very much part of what we do at St. Andrew's Children's Clinic. Our patients and their parents are taught how to use the orthopedic devices we provide. The



Physical therapist Annie Diedrich and Interpreter Pini Paredes show Gema Medrano Jimenez how to negotiate her walker on steps. Gema is 9 and lives in Hermosillo.

blind children are taught to walk with a cane and to write with a Braillewriter. Those with hearing loss learn how to wear and care for their hearing aids. Children with limited or no speech learn how to communicate with alternative communication devices. Physical therapists teach parents how to stretch their children's muscles. You'll learn about the

Reiki therapists' training program on p. 7 of this newsletter. Nutritionists and occupational therapists teach parents how to feed children with cleft palate/cleft lip and how to stimulate other children to try new food textures. Everywhere you see parents learning how to care for their children.

But, other education takes place in our clinic. In April, University of Arizona journal-



UA journalism students: (back row) Wil Rapp, Matt Osteen, Alex Budish, Jay Rochlin (instructor); (front row) Kevin Cottingham, Kayla Lema, Samantha Sais, Danijela Grk, Erica Coleman. Not pictured: Chelsea Meintel and Dave McErlean. Photo by Gloria Thiele.

ism students attended The Clinic to document stories about our patients and volunteers. The result of their efforts can be seen on our Web site: www.standrewsclinic.org under the Border Beat Report tab on the main menu bar. Such hands-on experience is an important part

of their journalism education.

Each semester we have medical students from the University of Arizona who come to The Clinic as part of the CUP (Cen-



Dr Francisco Valencia (second from left) answers questions from UA medical students.

ter for Underserved People) Program. They work with the doctors in **Pediatrics and Orthopedics**, shadowing them and learning more in one day about a variety of maladies than they might in a year in a U.S. clinic.



UA medical students: (back row) Jenny Heck, Rose Petersen, Ashleigh Leonard, Eric Hamm; (front row) Scott Willard, Samantha Shira, and Julianna Weiel. Photo by Gloria Theile.

Upcoming Cleft Palate/Cleft Lip Mission

October 7-10, 2011 is the 6th Annual Cleft Palate/Cleft Lip Mission in Hermosillo, Mexico. We partner with CIMA Hospital in Hermosillo and Children's Surgery International of Minnesota for this 4-day event. We will screen approximately 70 children for cleft lip, cleft palate, and/or bone graft surgery, with surgeries on approximately 35-40 children. The CIMA Hospital and Clinic volunteers coordinate activities and paperwork.

These two pages feature some photos of our patients. If you would like to donate to the Cleft Palate/Cleft Lip Mission, please send your check to the Clinic office with 2011 Cleft Palate Mission noted on the memo line: St. Andrew's Children's Clinic, PO Box 67, Green Valley, AZ 85622.



Antonio Buchilame Baysegua is 12 years old and lives in Huatabampo, Son. He had cleft lip surgery a few years ago and returns to the **Speech and Language Therapy Department** for help with correct pronunciation of words.

Carlos Lugo Rodriguez is 7 and lives in Nogales, Son. He



had cleft palate surgery several years ago. He is reading with an emphasis on the sounds: s, k, g, d. Speech and Language Therapist Gema Santos assists him with pronunciation.



Liliana Valdez Avila had cleft palate surgery in October, 2010. She still has a little hole that needs to be closed so she will need another surgery. More than one surgery for cleft lip or cleft palate is not uncommon. Liliana is 3 years old and lives in Santa Ana, Son.

All surgery patients must meet weight guidelines before surgery can take place. Because cleft palate/cleft lip babies have difficulty drinking milk and eating food, they have a difficult time reaching the weight goal. Our **Nutrition Department** works with mothers and babies to improve their nutrition. Some babies need special Haberman bottles because they can't suck normally. Nutritionists and occupational therapists help the patients to accept different food textures. They also provide supplements.

Nelida Nolazco Ruelas is 1 year old and lives in Sinaloa, Sin. She has a cleft palate and is having difficulty gaining weight. Therapist Nina Isaac holds her



here. She is very alert, and her mother works hard to follow the nutritionist's advice to help improve her daughter's weight. Hopefully, she will qualify for surgery in October

Before and After Photos—Cleft Lip

By far, cleft lip is the more disfiguring condition. Not only does the disfigurement cause the child embarrassment and teasing by other children, it interferes with eating. Here are before and after photos of two of our patients.

At 7 mos., Alan Valenzuela had a lip scar revision. Below is before



Photo by Betty Weaver.

surgery and below is after at age 1 year. He lives in Nogales, Son.



Sebastian Kniffin Ortiz had a double cleft lip as shown below. He had surgery in Hermosillo in 2009.



Photo by Betty Weaver.

In October 2010, he was examined for further surgery. He is pictured below after the 2009 surgery but before further surgery in 2010.



Photo provided by CIMA Hospital.

He was 15 mos. old. In October, he had his first cleft palate surgery

Some children have only cleft palate, some only cleft lip, and some have both as did Sebastian. Thanks to our wonderful donors for this Mission, we can help children who desperately need cleft lip/cleft palate repairs.

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 & 55cm)
 - 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
 - Wheelchairs—child-size only
 - Wipes
- 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

Some patients' families drive personal cars to the Clinic, but the majority arrive by bus. Once they arrive at the Border,



The Clinic provides transportation to The Clinic. Here, volunteer Bruce Harrington helps a mother and her child as they depart from the bus on the wheelchair lift.



Above, Kehberlyn Sobiano Dominguez of Nogales, Son. is fitted with an ankle-foot orthosis on her left foot. This will support her foot better. She is 4 years old.

We frequently have volunteer couples at The Clinic. Pat and Michael Meyers are one of those couples.



Above, Pat checks the fit on a pair of special shoes worn by Lizeth Hernandez Ibarra. Lizeth is 9 years old and lives in Nogales, Son.

Below, Rev. Michael Meyers, certified pedorthist, fits Lozeya de la Cruz with special shoes.



He has extreme pronation due to flexibility throughout the navicular portion of his foot. Lozeya is 11 years old and lives in Caborca, Son.

All three of these children are patients in the **Orthotics Department**.



María Heredia Coronado, age 11, waits patiently to see the orthopedist in the **Orthopedics Department**. She lives in Caborca, Son.

Patients Need Different Services

Jon Cobb, Aud. D, adjusts a hearing aid for Jesús Ivan Munguia in the **Audiology Department**. Jesús is 6 years old and lives in Magdalena, Son. He wears hearing aids in both ears and has a cord that is attached



to both hearing aids so he won't lose them if they fall out, especially when he is running and playing with his friends.

Claudio Riveros Hernandez is being examined by Dr. Jullian Ballesteros in the **Orthopedics Department**. Claudio has a history of congenital club feet with surgical correction one year ago. He has responded very well;



however, he is complaining of pain in both ankles when walking. Dr. Ballesteros is ordering x-rays to see if there is abnormality of the bones.

Claudio is 6 years old. He lives in Nogales, Son. Dr. Ballesteros is a physician at the VA Hospital in Tucson.

Angela Lopez, age 3, is at The Clinic to see the neurologist in the **Pediatrics Department**. She was diagnosed in Mexico with brain tumors, but there was no money for surgery or medication.

Angela and her mother live in Hermosillo, Son. They traveled by bus to The Clinic. They left at 10:00 p.m. the night before



Clinic and arrived in Nogales at 3:30 a.m. They crossed the Border at 4:00 and waited until 6:00 a.m. to come to The Clinic on The Clinic bus. The Clinic starts seeing patients about 9:00 a.m. so they had a long day before they got to see the doctor.

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.

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.

St. Andrew's Children's Clinic Charity Golf Tournament Is Back

After a three-year hiatus, the St. Andrew's Children's Clinic golf tournament fundraiser will be held Friday, September 9 and Saturday, September 10 at Quail Creek Country Club in Green Valley/Sahuarita, AZ.

Registration deadline is August 19. The purpose of this event is to raise funds to help to ensure medical care for the many children who are seen through St. Andrew's Children's Clinic. Mark your calendars and call your family and friends and let's make this a successful event. WE HOPE TO SEE YOU THERE!

There are **activities for golfers and non-golfers** as you will read below. Also, for those unable to attend, donations to The Clinic are appreciated.

Friday, September 9, 5:00 p.m. This is the pairings party which includes a Silent Auction, Cocktail Party with heavy hors d'oeuvres, a Hole-In-One Contest, and 50/50 raffle. Non-golfers, volunteers, family, and friends are welcome and encouraged to attend.

Saturday, September 10 This is the Golf Tournament which will be a drop-out-scramble. A continental breakfast for golfers will begin at 6:30 a.m., and the Golf tournament begins at 8:00 a.m. The Awards Luncheon will follow. Non-golfers are invited to the Awards Luncheon.

Fees are as follows:

- Golfer fee for the two-day event (includes the Friday, September 9 Silent Auction and pairings party plus the Saturday September 10 Golf Event, continental breakfast and Awards luncheon): \$150
- Silent Auction, hors d'oeuvres and pairings party (non golfers): \$40
- Saturday Awards Luncheon (non-golfers): \$30

Hole Sponsorships and Title Sponsorships are available.

These Sponsorships include the two-day event for multiple golfers and spouses/guests. Hole Sponsors will have a sign to identify your name or company placed at one of the golf holes plus acknowledgement as a Hole Sponsor throughout the day of golf. Title Sponsors will have their name as a presenting Sponsor on all printed materials plus special recognition during the Friday night party. If you are interested or know someone who may be interested in being a Hole or Title Sponsor, please contact The Clinic Office at (520) 648-3242.

For **reservations** and further information, contact The Clinic Office at (520) 648-3242 or pick up registration forms at St. Andrew's Children's Clinic Office 75 Calle de las Tiendas, Suite 129B, Green Valley, AZ. Registration forms may also be picked up at the Quail Creek Country Club, 1490 Quail Range Loop, Green Valley, AZ; phone: (520) 393-5802.

Silent Auction donations are needed. If you have items of value to donate, please contact The Clinic Office at (520) 648-3242. Acknowledgement of donation will be made for tax-deduction purposes.

Your silent auction donations and/or participation in any part of the golf tournament will help children who need orthopedic surgery, orthotics and prosthetics, hearing aids, nutritional supplements, wheelchairs, walkers, strollers, eye glasses, and cleft palate/cleft lip surgeries so they can have a better quality of life.



St. Andrew's Children's Clinic Business Office location in Green Valley, AZ: 75 W. Calle de las Tiendas, Suite 129B.

Reiki Therapy Graduates First Student

Outside St. Andrew's Church, in the Prayer Garden, the Reiki masters/teachers have a tent with two therapy beds. In this quiet environment, three masters, Cheyenne MacMasters, Bill Johnson, and Justin Johnson, practice Reiki therapy. Justin has cerebral palsy and is wheelchair-bound. He is an inspiration to our patients.

Cheyenne MacMasters explains, "Reiki therapists emit 'extremely low frequency' (called ELF) from their hands. This has a therapeutic effect on muscles and bones. When a person is injured, their body clenches around the site of pain, and it is difficult for a person's natural healing response to



penetrate and do its job. Reiki is able to relax the person, allowing them to unclench and benefit from the flow of healing energy coming from the therapist and from their own natural healing response."

Children respond readily to Reiki therapy and often become more attentive and focused during a session. Mothers report that their children were more

communicative, had increased appetites, and were calmer at home following a therapy session. They asked the therapists to teach them how to do the therapy so they could help their children even more.

Claudia Ruiz Martinez is the first mother to complete the Reiki training. Her older son, Antonio, was severely epileptic and was a Reiki patient several years before his death a couple of years ago. Reiki helped to calm him.

Claudia has been practicing on her family in Caborca, and they have reported an increased sense of well-being. She is shown here with her son, Christian, who is 3 years old, and Reiki master, Cheyenne MacMasters.

Girl Scouts Treat Patients at June Clinic

For the second year, Santa Cruz Girl Scout troops chose The Clinic as their charity. During annual cookie sales, each girl purchased



a box of cookies to donate to the designated charity. Some Tucson Scouts also contributed boxes.

Some of the Girl Scouts brought the cookies and milk to the June Clinic to hand out to patients. The girls participating in the charity project earned the Gift of Caring badge shown at the left.

Thank you, Girl Scouts! The patients enjoyed the treat very much as shown by the smiles on their faces.



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
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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.

- August 4 (Clinic)
- September 1 (Clinic)
- September 9 & 10 (Golf Tournament Fundraiser)
- October 6 (Clinic)
- October 7-10 (6th Annual Cleft Palate/Cleft Lip Mission)
- October 9 (Fitzsimmons Voice Recital)

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Children helping children—that's what happened in Nogales, AZ at a recent fashion show. Children from very young to teenagers modeled fashions for their parents, families, and friends. Amelia Melendez, a Clinic volunteer, is pictured below with three girls dressed in their angel costumes for the finale. Amelia coordinated the fundraiser. Thanks to Amelia and all the girls this was a successful event.

Everyone is excited about having another fashion show next year.



St. Andrew's Children's Clinic is a non-profit, non-denominational clinic, serving Mexico's disabled children of disadvantaged parents for over 35 years.

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 funding received, 92% goes to direct patient care.