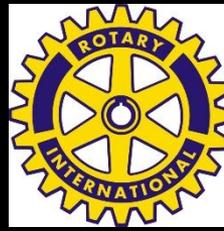


Iowa MOST  
Miles of Smiles Team



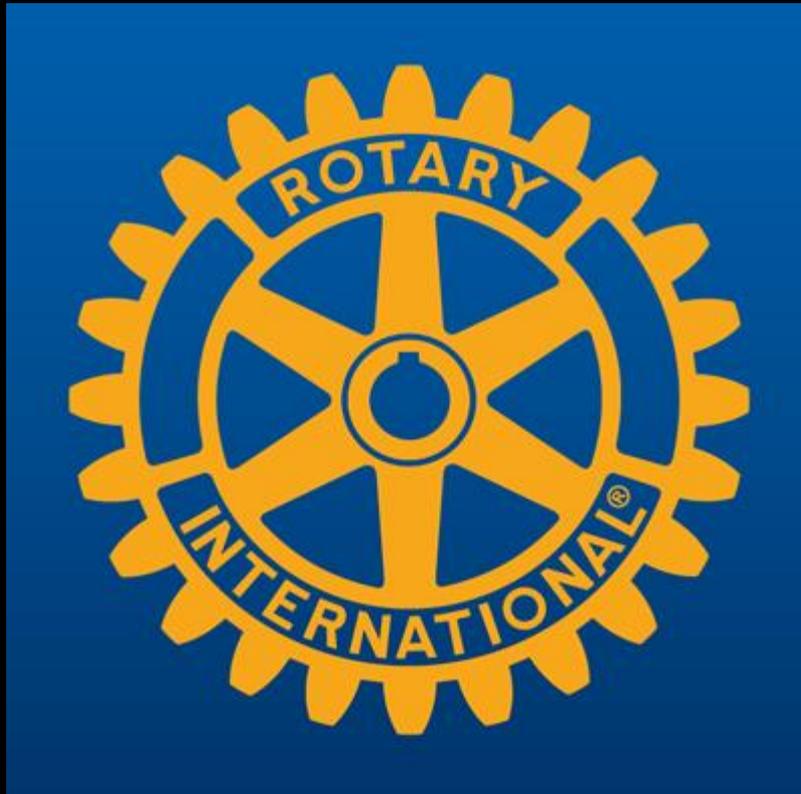
A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions



**Bienvenidos Iowa Miles of Smiles Team 2017!**



**ROTARY  
SERVING  
HUMANITY**



Rotary brings together a global network of volunteers who dedicate their time and talent to tackle the world's most pressing humanitarian challenges. Rotary connects 1.2 million members from more than 200 countries and geographical areas.

Rotary brings together the kind of people who step forward to take on important issues for local communities worldwide. Rotarians contribute their time, energy and passion to sustainable, long-term projects in local communities across the globe.



These projects focus on important issues like peace and conflict resolution, disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy, and economic and community development.



**END  
POLIO  
NOW**

# **WORLD POLIO DAY**

**OCTOBER 24TH**

**Rotary**



*"Rotary in particular has inspired my own personal commitment to get deeply involved in achieving eradication." Bill Gates*

Rotary, along with our partners from around the world, has reduced polio cases by 99.9 percent worldwide since our first project to vaccinate children in the Philippines in 1979. Rotarians have helped immunize more than 2.5 billion children against polio in 122 countries.

**Rotary**  
District 6000, Iowa



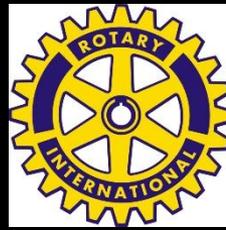
On behalf of Rotary District 6000, we  
thank each you for dedicating yourselves  
to Iowa MOST's 12<sup>th</sup> Cleft Medical  
Mission to Guatemala!





# Iowa MOST

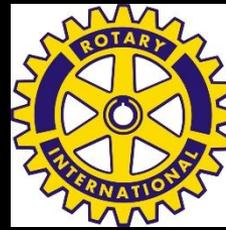
Miles of Smiles Team



A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions



Approximately  
1 in 700  
children  
worldwide are  
born with one  
of both  
congenital  
deformities  
known as cleft  
lip or cleft  
palate.



Cleft palate



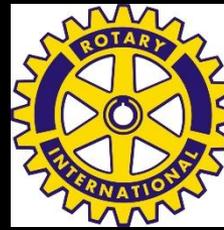
Cleft lip and cleft palate



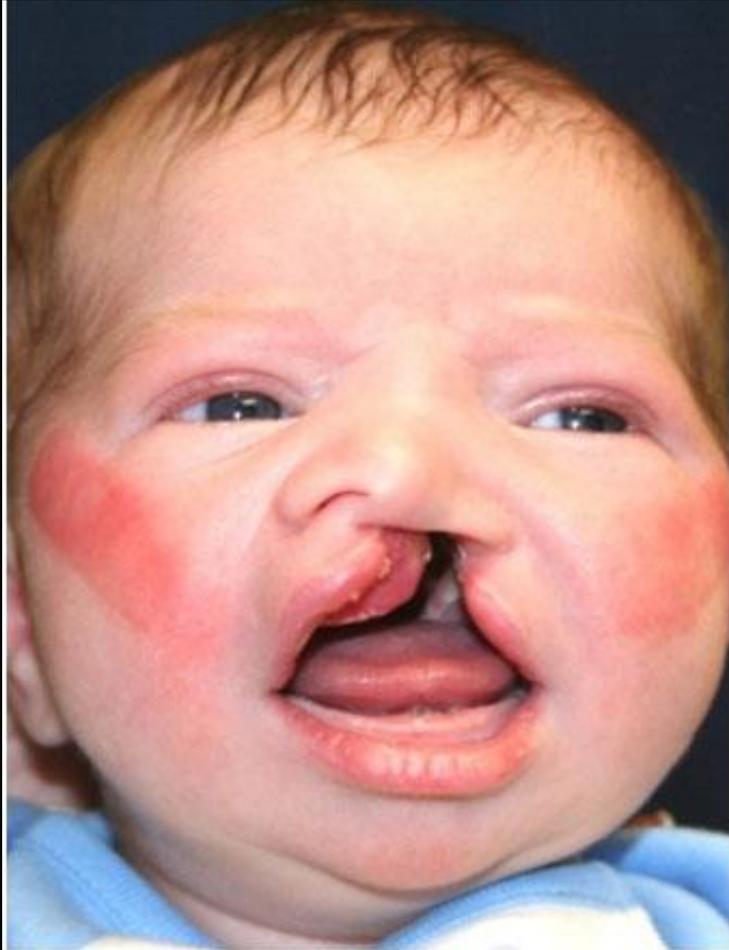
**In most developed countries like the U.S., babies born with this condition are operated upon within the first few months after birth.**

# Iowa MOST

Miles of Smiles Team



A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions

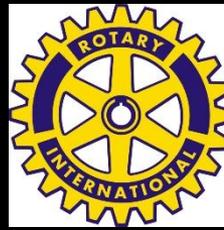


Before-Cleft Lip and Palate

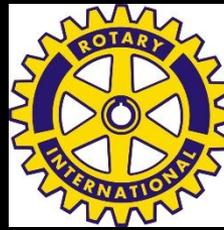


After: Cleft Lip and Palate

**The defects  
are  
repaired  
and these  
children  
continue to  
grow up  
healthy and  
well-  
adjusted in  
society.**



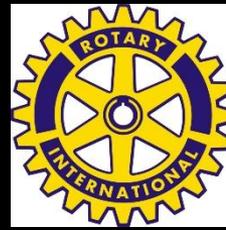
**In Guatemala, 1 in 600 children are born with cleft defects. The stats are not so different from children born in this country.**



**What makes cleft defects such a tremendous problem in Guatemala is poverty.**

# Iowa MOST

Miles of Smiles Team



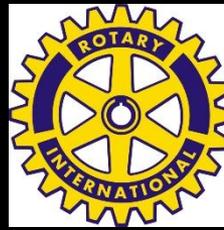
A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions



**In Guatemala, most families are too poor to afford the surgery making it impossible for children to get the surgeries needed to change their lives.**

# Iowa MOST

Miles of Smiles Team

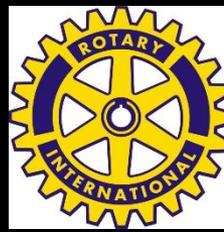


A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions



**More than  
75% of the  
national  
population  
live below  
the poverty  
line.**

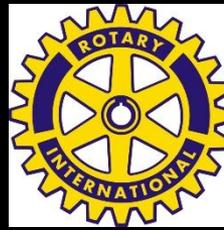
**With  
poverty  
most severe  
among the  
rural and  
indigenous  
populations.**



**About 93% of the Guatemala indigenous people are living in poverty and 91% in extreme poverty.**

# Iowa MOST

Miles of Smiles Team



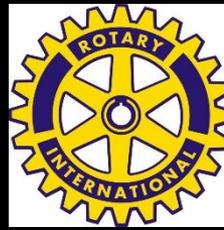
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Missions



**Children born with cleft lip or palate or both are unable to nurse; and because their families can't afford to buy formula or most likely even have access to it; these children begin to starve.**

# Iowa MOST

Miles of Smiles Team



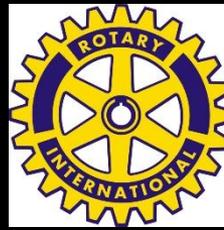
A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions



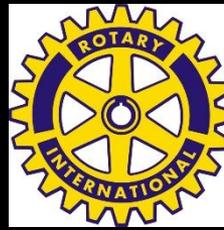
**Children born with cleft defects often have the additional problems of speaking clearly, ear infections that can lead to hearing loss, and severe dental problems.**



**Rotarians from the Iowa City Noon Club heard the cry for help from Guatemala. They listened to the stories of children not only suffering from severe health problems; but also how these children were ostracized from their communities and often not allowed to attend school.**



Rotarians from the Iowa City clubs formed a local medical team and, exemplifying Service Above Self, became part of the solution.

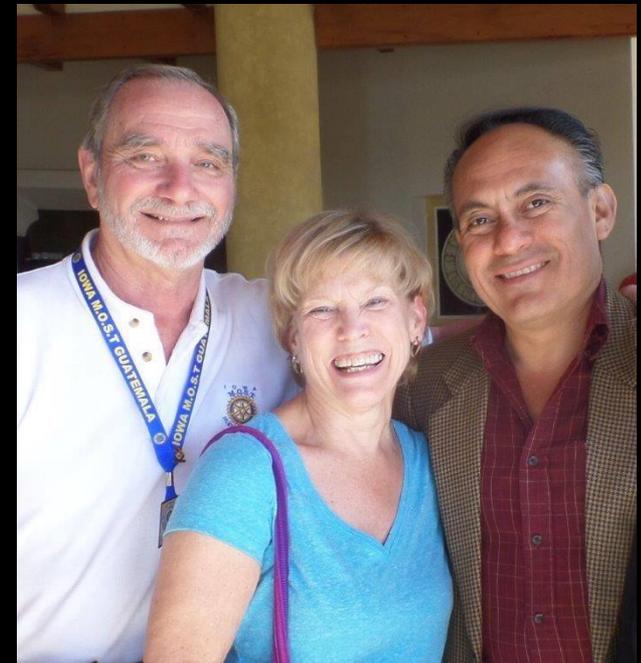


Dr. John Canady took on the role of Medical Team Leader and has participated in all 12 missions. Gary Pacha became the organizing Team Leader and has just retired after 10 missions. Both of these remarkable Rotarians have poured their hearts and souls into making Iowa MOST the highly successful mission it is today.



Dr. Pete Wallace has served as our MOST pediatrician for the past eleven missions just retiring this year.

Karin Franklin has been our invaluable Quartermaster for the project for many years. She's the mover and shaker who gets our supplies to Guatemala!



# Iowa MOST

Miles of Smiles Team



A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions



For 12 years, Nancy Pacha has volunteered her expertise as an interpreter and her huge heart of kindness to developing the global relationships needed to make Iowa MOST successful.

Dr. Bill Olin was one of the Iowa MOST founders and continues to serve on the Iowa MOST Board of Directors as a fountain of inspiration to help the children of Guatemala.

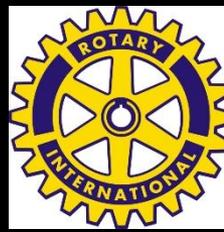




Two Guatemalan Friends  
Are Essential to Making  
Iowa MOST Possible!

Dr. Oscar Marroquin,  
*Pediatrician*  
*Owner/Partner of the*  
*Hospital we use*

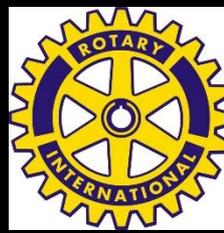
Juan Francisco Fernandez  
(Paco)  
*Casa Colibri'*  
*Executive Director*



The success of Iowa MOST wouldn't be possible without our friends and partners in the Huehuetenango Rotary Club.

# Iowa MOST

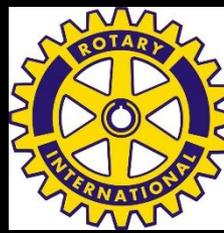
Miles of Smiles Team



A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions



<https://www.youtube.com/watch?v=f8SFOrP9KkU&feature=youtu.be&list=PL842B0284262265C9>



Iowa MOST is a true collaboration between the Iowa MOST team, the Rotary Club of Huehuetenango, and Dr. Oscar Maroquin and his hospital team.



## 2017 Iowa MOST Team

(36 Members)

Dr. John Canady, Medical Director

Deb Dunkhase, Team Leader

Surgical Team

Anesthesiology Team

Dental Team

Pediatric Health Team

Medical Students

Non-Medical Surgical Support Team

Non-Medical Outreach Team



# Surgical Team

- Dr. John Canady
- Dr. Brian Andrews
- Dr. Ross Zbar
- Dr. Dan Jorgensen
- Pat Wherle, Surgical Nurse
- Sandy Kessler, Surgical Nurse
- Diane Miller, Surgical Nurse
- Brandi Seitz, Surgical Nurse
- Amanda Fisher, Surgical Nurse
- Paula Saucedo, Surgical Nurse
- Mark Ramirez, Med Student
- Kristen Seligman, Med Student

## Recovery Room:

- Erin Steffen, Recovery Nurse
- Haley Fernandez, Recovery Nurse
- Karen Gorham, Rotary Volunteer



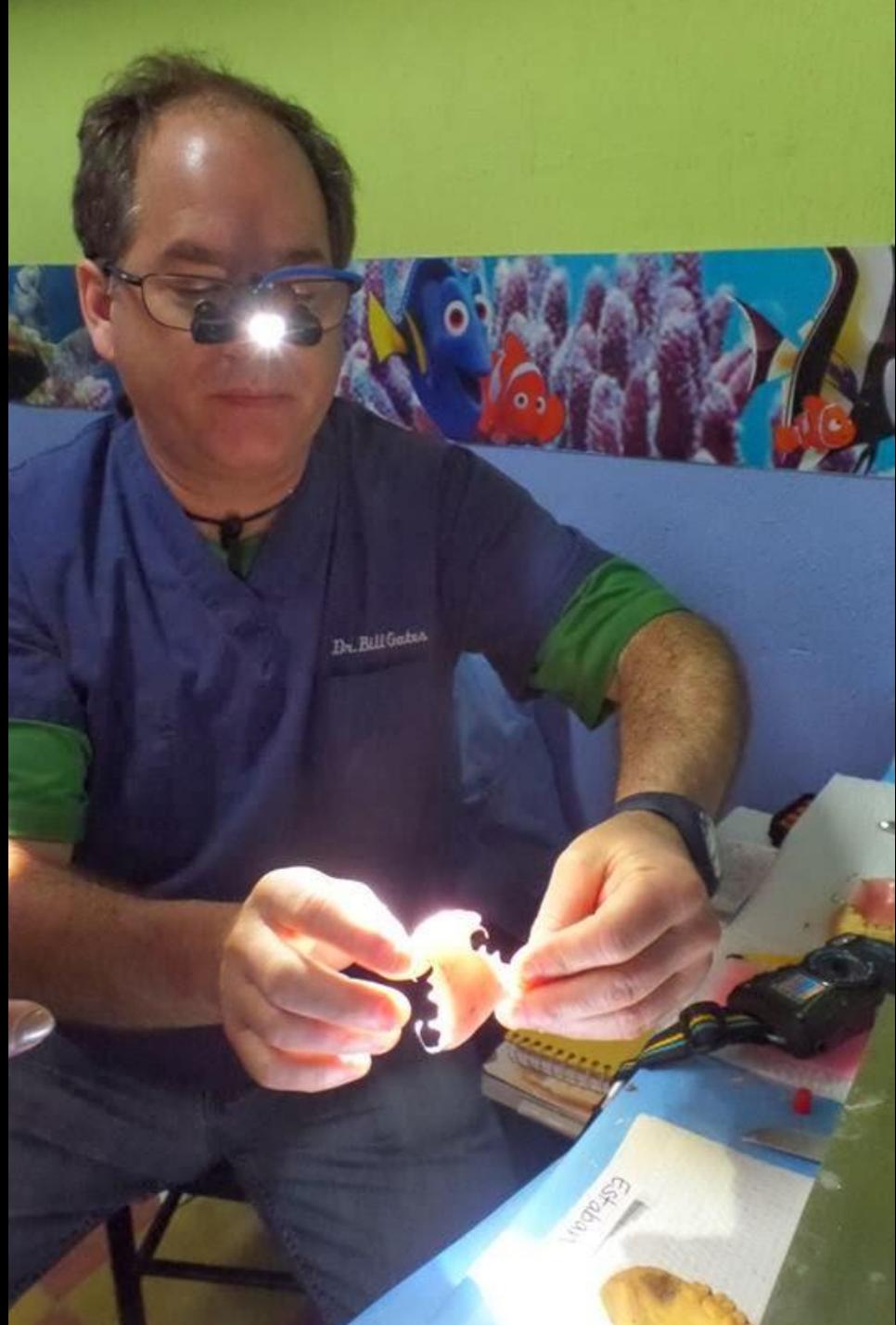
# Anesthesia Team

- Dr. Dave Swanson
- Dr. Martin Mueller
  
- Anna Riessen, Anesthesia Fellow
- Michael Baker, Anesthesia Fellow



# Dental Team

- Dr. Bill Gates
- Dr. Jeff Markt
  
- Aaron Jones, Dental Fellow



# Pre-Post Pediatric Team

- Dr. Oscar Gomez,  
Pediatrician
- Susie Poulton, Pediatric  
Nurse Practitioner
- Lindsay Weinschenk, Nurse
  - Molly Kluesner, Nurse
  - Amy Nicholson, Rotary  
Volunteer
  - Nienke Berkhoudt,  
Volunteer Face Painter



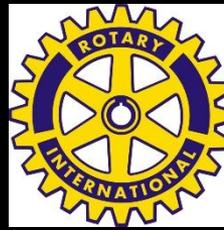
# More Essential Team Members

- Rick Borchard, Medical Engineer
  - Ruben Zuninga, Sterilizer
  - Elvira Zuniga, Interpreter
  - Krasi Hristov, Quartermaster
- Reinhard Juraschek, Quartermaster

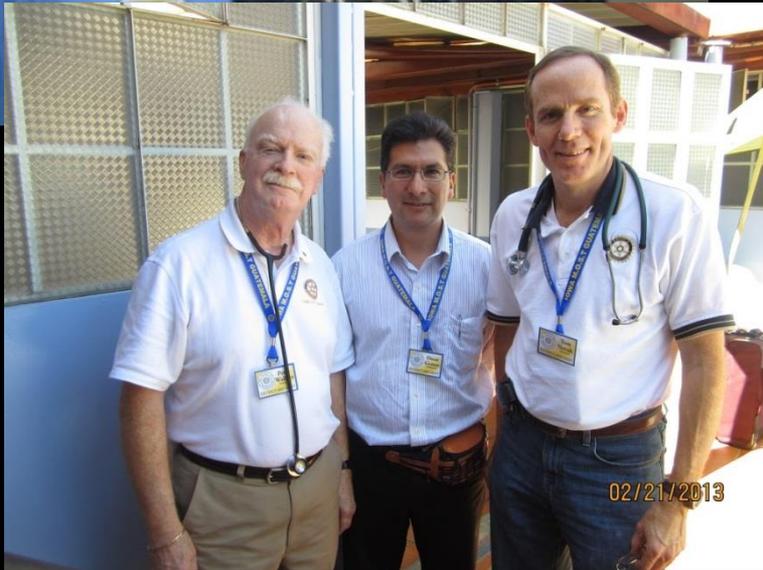
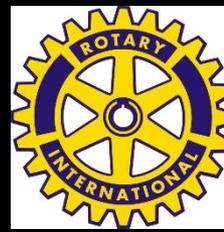
## Rotary Volunteers

- Thais Winkleblack,  
Photographer/Blogger
- Cassye Dunkhase, Outreach  
Coordinator





Juan Francisco Fernandez (Paco): In-county logistics & translator



## Board of Directors

Gary Pacha, Team Leader  
Emeritus

Dr. Pete Wallace, Pediatrician  
Emeritus

Nancy Pacha, Translator &  
Relationship-Building

Karin Franklin, Quartermaster

Kyle Galloway, Treasurer

Pat Wherle, Nurse Advisor

Dr. Bill Olin, Founder

# Sarah

Sarah was born in a small village in the remote Western Highlands of Guatemala.

She was born with a bilateral cleft lip defect. Sarah's parents weren't able to cope with the social ramifications of a cleft birth defect and abandoned her on the steps of the village church.

Fortunately for Sarah, a villager took her to her abuela who took her in and cared for her.

But because of how she looked, her grandmother didn't allow Sarah out of the house. She didn't want anyone to see Sarah.





Sarah had no hope of a decent future.

She wouldn't be allowed to go to school.

She had no friends.

The only person she saw besides her grandmother was a sister who came to visit her.

Sarah hadn't been afforded the opportunity to develop any sort of social skills that would help her learn to interact with people.



Thanks to a Guatemalan social worker from Huehuetenango who knew Sarah and her abuela, Sarah and her grandmother came to the 2016 Iowa MOST Screening Day.

The hospital was terrifying to Sarah... all the people who didn't look like anyone she'd ever seen must have scared her terribly.

Sarah spent those first two days screaming and crying which broke everyone's hearts.



The health care system is so desperately poor in Guatemala, that Sarah's grandmother was convinced that Sarah would not live through the surgery. Our team tried their best to comfort Sarah's abuela and convince her that Sarah would be okay.



This is Sarah the second day after her surgery.

Everything went well and Sarah was recovering nicely.

She now seemed to be getting used to the Iowa MOST team and didn't seem as scared.



The day following the surgery, Sarah and her abuela were given a ride back to their village by a local Rotary volunteer.

Sarah's new life was about to begin.

You can see in her eyes that some of her fear and sadness seem to have disappeared.



This beautiful little munchkin is Sarah just six weeks after her Iowa MOST surgery.

Not only is her lip looking amazing, but she's actually sitting outside her grandmother's house!



By the time we return for our  
2017 mission...

Sarah will be going to school.

She'll be making friends.

She'll be able to eat well so  
that her overall health is  
improved.

She'll be able to speak clearly  
so that she can communicate  
with the world around her.

Sarah now has hope for a  
future filled with promise.



Sarah and hundreds of other children like her are why Iowa MOST exists.

Thank each of you for your personal dedication to these beautiful children of Guatemala.

# VAMOS POR MÁS SONRISAS FELICES

Organizado por Club Rotario Huehuetenango, Club Rotario de Iowa EU  
y Hospital de especialidades Salus

11 Gran jornada gratuita para operar niños  
con labio y paladar hendido.



Del 2 al 12 de Febrero de 2017

Fecha de evaluacion:

**4 de Febrero de 2017**

A partir de las 7:00 am

En Hospital de Especialidades Salus



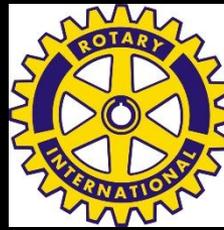
Hospital de Especialidades Salus  
5a. Avenida 6-38, Zona 1, Huehuetenango  
Tel : 7764 3980 / 7764 3982 / 7764 3983



The Iowa MOST  
mission begins long  
before our team travels  
to Guatemala.

Since fall, the Rotary  
Club of Huehuetenango  
has been working with  
Dr. Marroquin to recruit  
patients from the  
Western Highland area.

Flyers are posted in  
villages and churches;  
and radio ads are flying  
across the  
Huehuetenango  
province.



We work out of Dr. Oscar Marroquin's hospital in Huehuetenango. Oscar is incredibly accommodating to our mission, but it's important to remember that his hospital is still serving patients as normal. It's important to leave as minimal footprint in the space as possible while we're there.



Building positive relationships is critical to this mission and is the responsibility of every member of this team. It takes extraordinary flexibility, communication skills, respect, dedication, and cultural awareness to make Iowa MOST work.



## Day #1: Feb 2<sup>nd</sup> Iowa MOST Team flies to Guatemala City

Iowa City team is flying Delta out of Cedar Rapids at **5:40 am**  
We'll need to meet at the airport at 4:00am. Carpooling?





**Day #1: Feb 2<sup>nd</sup>** Team arrives in Guatemala City at 1:22 PM



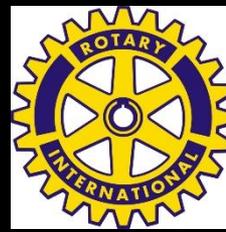
Nuestro buen  
amigo, Paco,  
will meet us at  
the airport with  
a 40 passenger  
bus and we're  
off to  
Huehuetenango!



*It's about a 6 hour very bumpy, curvy drive into the mountains ... with 1-2 stops for bathrooms and snacks.*

*Use the bathroom at the airport before boarding the bus and carry food/drink if you need it.*

*Motion sickness medication.*



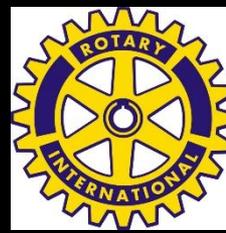
Arrive in Huehue and check into hotel by 8:00 pm ... *hopefully* 😊



Each room will be shared by  
two people.

Roommate assignments will  
be emailed out next week.





**Day #2: Friday, Feb 3<sup>rd</sup>**  
Sleep in a bit, unpack supplies, and prep  
for screening/surgeries/outreach!







**Day #2:** Boxes of supplies will be waiting for us at the hospital. We have an itemized invoice of every single item shipped.



Everyone is asked to help with unpacking and take guidance from Pat and Sandy.

# Iowa MOST

Miles of Smiles Team



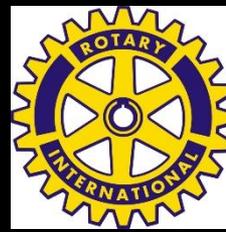
A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions



Day two **usually** includes a  
“Welcome Iowa MOST”  
gathering with the local  
Huehuetenango Rotary Club!

Zaculeu Mayan Ruins  
for a Rotary Picnic  
Lunch in 2016





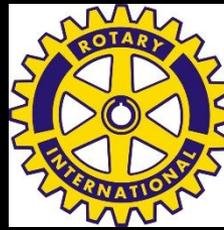
*Nobody speaks English, so this is a great opportunity to practice Spanish and Smiling!*



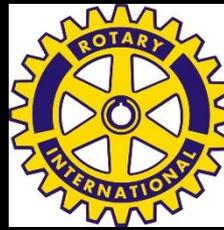
**Day #3:  
Saturday, Feb 4<sup>th</sup>  
Screening Day!**

**We could see  
anywhere from 30  
to 100 kids looking  
for help!**

Families gather at the hospital and wait. A quick review by Dr. Canady will reveal that some potential patients are not surgical candidates if they're too ill or too young and they are immediately eliminated as surgical candidates. These children are often told to try to come back next year when they're bigger or healthier.



The children who aren't surgical candidates are examined by the team's pediatricians and dentists in case there are health issues that can be addressed to help the child.



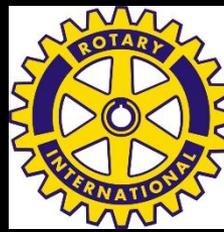
## Screening Day Protocol

Intake: A number is assigned to each potential surgical candidate, their photo is taken, a record is created for each child, and the child's vitals are taken and recorded.

The family is then assigned a non-medical Patient Advocate who will travel with the family through four different screening stations. *Spanish Conversation Cheat Sheet included*

# Iowa MOST

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Missions

## Day #3: Screening Day!



### Four Screening Stations:

- Surgery
- Anesthesia
- Dentists
- Pediatrics



16-38





PERSONAL  
AUTORIZADO

NOTARE  
REGISTRADO

# Iowa MOST

Miles of Smiles Team

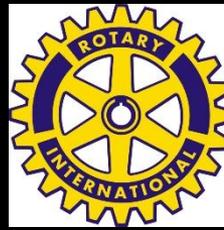


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Missions



# Iowa MOST

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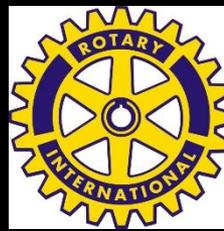


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Missions



# Iowa MOST

Miles of Smiles Team

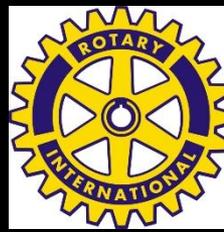


A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions



The Surgical  
Schedule is  
Made on  
Screening Day.

We screen dozens  
of families... it's  
organized chaos  
with lots of  
confusion and  
critical that we  
work together to  
be successful.



Dr. John Canady, our fearless Medical Team Leader!

# Iowa MOST

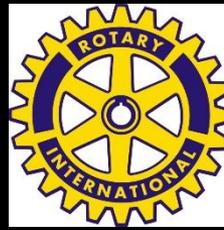
Miles of Smiles Team



A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions



The very most important element of our mission is the safety of our patients. If you sense a problem or overhear concerns from family members, please alert Dr. Canady.



Sunday, Day #4 : Surgeries





## Monday, Day #5 : Surgeries





Tuesday  
Day#6:  
Surgeries





Our team inserts play into the surgical days to help families deal with the stress and waiting time and because it's fun and healing for everyone!





Research shows that play  
heals the body, spirit, and  
mind.

Kids who grow up with  
cleft challenges can benefit  
greatly from all the playful  
moments we can give them  
during this stressful time of  
surgery.

Hopefully everyone on our  
team will find a special  
time to connect with our  
kids through play!

Last year, our team  
also painted buildings  
at the School for  
Special Needs

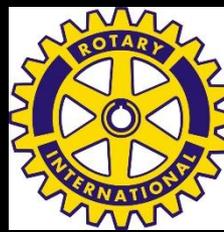
...

Brought along two  
artists to paint  
gorgeous murals in the  
new hospital surgical  
rooms.



# Iowa MOST

Miles of Smiles Team



A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions

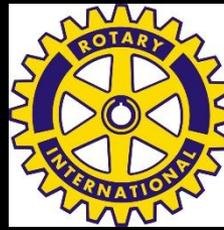


Day #7 :  
Surgeries



# Iowa MOST

Miles of Smiles Team



A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions

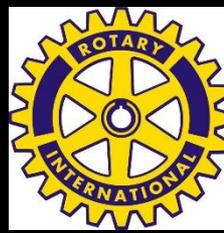
Day #8: Finish Up with Patients and  
Begin Packing to Store Supplies for  
Next Year



Iowa MOST has changed Mario's  
life forever!

# Iowa MOST

Miles of Smiles Team



A District 6000 Project  
Cleft Lip & Palate Surgical  
Missions

Also on Days #5 to #8

Medical Outreach Visits to Remote Highland Communities with  
the Support of the Rotary Club of Huehuetenango







Days #5 to #8

Dental Outreach to Schools





# Outreach Activities: Dental Education, Fluoride Application, De-worming Help Build School Libraries and Provide School Supplies



The need for dental hygiene education is great.







# La Escuela de San Antonio Las Nubes



High in the Western Highlands sits an incredibly meager “building” that 40 young students call their school.

The school is inaccessible by car or van reachable only by a 4-wheel drive truck.

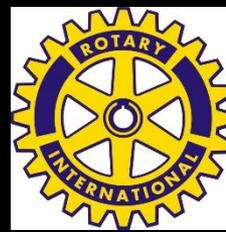






During last year's mission our team donated \$500 to help begin building these children a new school. Dr. Pete Wallace then donated another \$5,000 so that when we visit in February, the kids will be learning in their brand new school protected from the rain and winds with a cement floor and real walls.





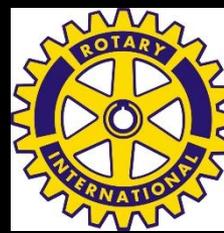
## Day #9 Mission Ends



Leave  
Huehuetenango  
mid-morning to  
drive to Antigua  
and/or Guatemala  
City Airport for a  
day of R&R (all  
expenses  
responsibility of  
each team member)  
before we head  
back to the United  
States.

# Iowa MOST

Miles of Smiles Team



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Cleft Lip & Palate Surgical  
Missions



Day #10: R&R Options

A) Spend Saturday in Antigua

*Friday night in Antigua hotel, drive to Guatemala City airport hotel  
for Saturday night lodging*



## Day #10: R&R Options

B) Fly to Tikal for a  
day of sightseeing

*Friday night flight  
to Tikal and return  
flight to Guatemala  
City late Saturday  
evening to stay in an  
airport hotel*



Flights take about an hour and cost about \$200 to \$250 round-trip.

Should arrive Friday night by 7pm and would need to leave Saturday by about 4:30 pm.

More details to come... Paco is helping us plan this😊

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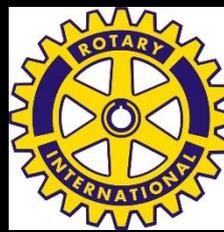
Day #11

Fly Home

*Sunday  
morning flight  
out of  
Guatemala City  
at 9:05 am,  
land in CR at  
4:10 pm*

**Iowa MOST is all  
about the kids.**

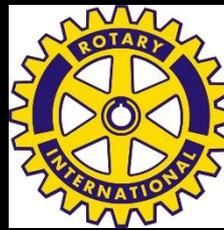




Tips for the Trip!

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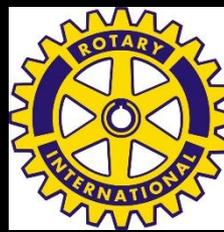


Plan to keep your passport with you at all times.

Call your bank and/or credit card company before you leave town to advise them of your travel plans.

You may want to bring \$1 bills for daily tips for hotel maid services.

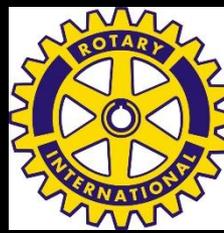
There's an ATM next to the hospital where you can get Quetzales to spend locally.



What might you want to bring? Flashlight, protective eyewear, hand sanitizer, antiseptic wipes, sunscreen, insect repellent, ??

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The team walks back and forth to the hospital daily. So wear comfy walking shoes.

And pay attention where you walk.

The streets are crazy busy, the traffic doesn't stop for walkers, and the sidewalks are very narrow and broken.

And the smog is intense.

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You don't need to  
speak Spanish to  
communicate.

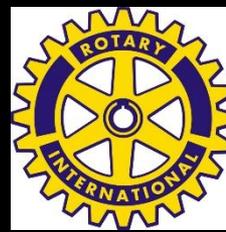
7% of communication  
is by word.

55% by tone

38% by body  
language

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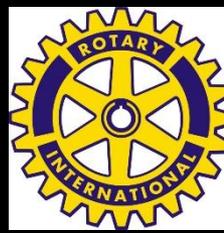
Learn a few  
Spanish phrases  
and use them  
liberally with  
lots of smiling!

The  
Guatemalans  
will appreciate  
that you're  
trying!

And we have fluent Spanish speakers in our group! Paco, Elvira, Paula, Oscar, Molly, Karen, and Ruben. Ask for help anytime you need it.

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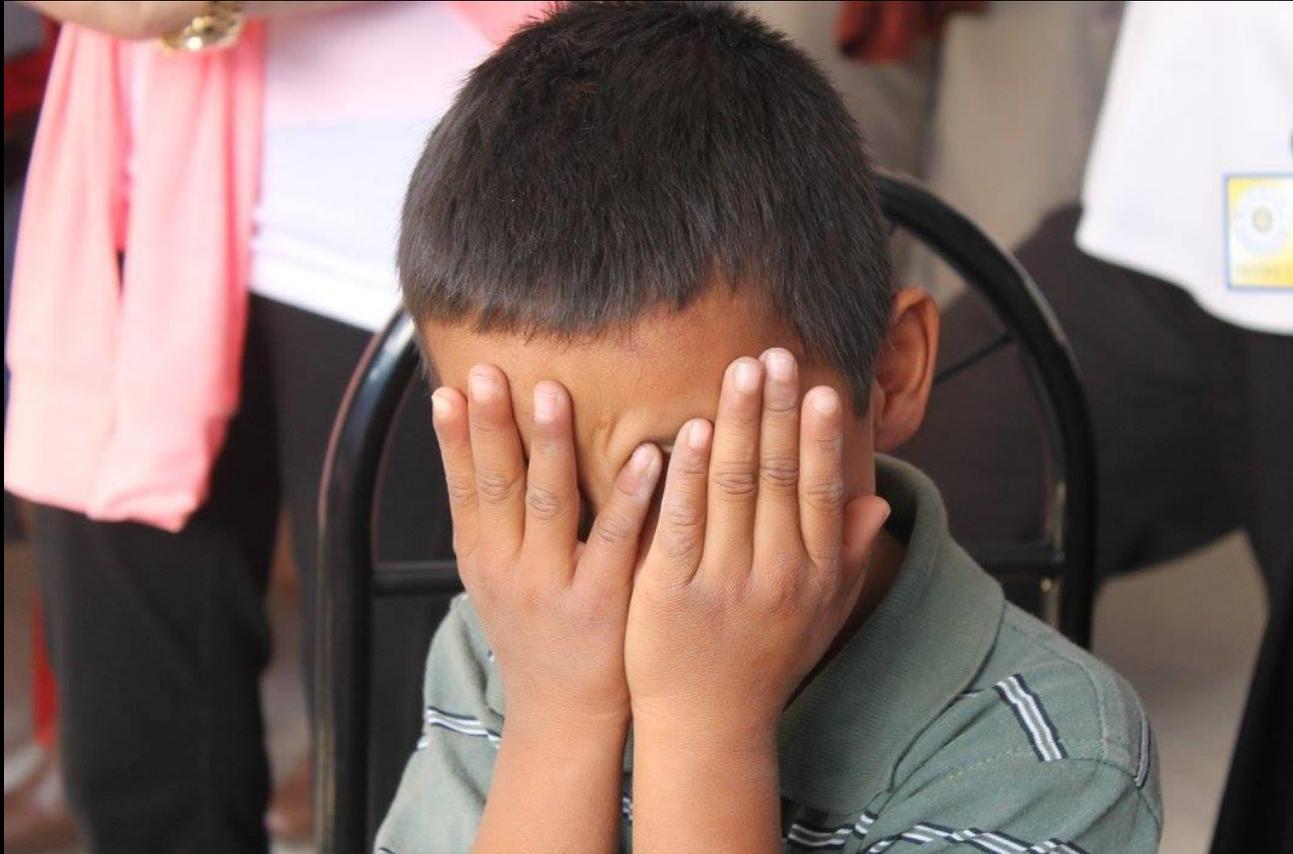
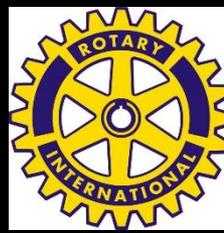
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Missions



Many Guatemalans speak a regional Maya language and no Spanish. Smile a lot, show respect, and always speak in a normal tone as if you're being understood. Practice "unconditional positive regard" with everyone.



Always be respectful and ask if it's okay for you to take a photograph of someone before you snap away. Use gestures to make your request if you don't speak Spanish.

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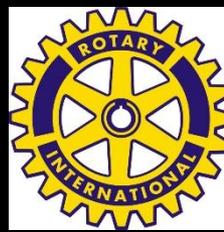
Please plan to attend the Rotary meeting with us on Wednesday, Feb 8<sup>th</sup> to help deepen the Iowa MOST relationship with local Rotarians.

No promises, but last year they had marimba music and dancing!!



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## Food:

Breakfast and Dinner will be buffet style at our hotel. Individual tabs for food will be kept by the hotel, then you can pay for your meals with a credit card upon check-out.

Lunches will be ordered into the hospital and enjoyed on the rooftop. Each of you will be billed for your lunches at the end of the mission.

Dietary Restrictions? Tell Deb asap.

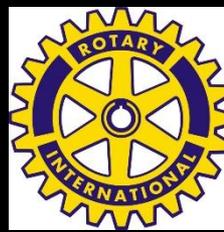
Plans will be to have one evening away from the hotel dining where you can sample the local cuisine in smaller groups!



## Hotel Expenses

Hotel expenses are handled by the mission and billed to team members in March.

Some medical volunteers are not required to cover this expense. For clarification, please talk to Deb☺

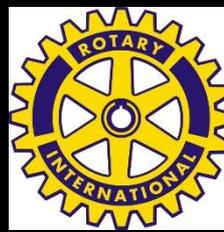


### Gifts:

Deb will bring small gifts for each of the hospital staff members. The only other gift giving will be the stuffed animals, crayons and coloring books the young patients receive before they leave the hospital.



Becoming sick in Guatemala has some serious medical challenges. If anyone has any health concerns at all, please talk to Dr. Canady or Deb about this before January 15<sup>th</sup>.



### Water and Food:

Don't drink the tap water or brush your teeth with it. Bottled water will be provided in the hotel and in the hospital. Take care not to eat from a street vendor and avoid foods that are washed with local water and not cooked.

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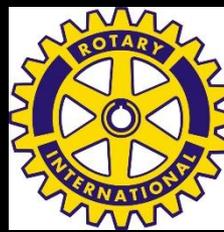
## Sanitation:

The plumbing systems in Guatemala cannot handle flushing toilet paper.

Remember to not put any paper into the toilets in any building, public or private.

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Connected:

The hotel has free Internet with the strongest connection in the lobby.

Spotty internet is available within the hospital walls and on the hospital roof.

Additional Costs:

We do take up a collection for the hospital staff and for the hotel restaurant staff at the end of the mission. So remember to save some \$\$ to thank the people who help us.



# Iowa MOST

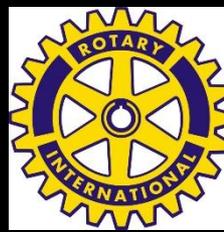
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It's important that each of us be personally responsible for helping to build the relationships that make these missions successful. Thank you for being patient, flexible, and sharing your best self on this mission!



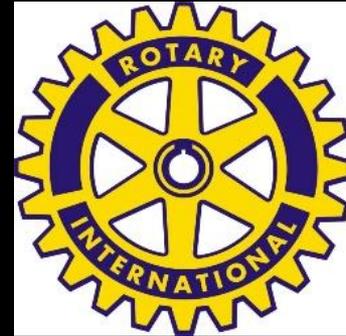
<https://www.youtube.com/watch?v=uvwNPHQbzd0&list=PL842B0284262265C9&index=5>

It's never easy to say good-bye.



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Surgical Missions

**Books for  
Outreach to  
Schools**



Gracias!