



SANTE TOTAL

Healthcare for Haiti's Poor

Winter 2018

Sante Total, which means "Total Health" in Haitian Kreyol, aims to provide sustainable healthcare to rural communities in the Central Plateau region of Haiti. We believe you can only improve health through eradicating the disease of poverty. The Sante Total approach considers the entire person- physical health, well-being, education, and employment, to be essential to health and quality of life.

A Memorable Encounter

Temrah Okonski, PT (September Trip)

Before venturing off to Haiti, friends enthusiastically ask me if I am excited about the trip. You might think this question would be easy for me to answer but it is not. I reply that our visits are rewarding, yet I am always a bit nervous before trips. Will the roads be OK? Will a car break down? Will I be able to meet every challenge presented to me?

I am a physical therapist, so I specialize

in movement dysfunction and its causes. In the adult care world abnormal posture, weakness, poor motor coordination, and joints may be problematic. These issues often affect a person's daily activities. In the pediatric world these issues lead to developmental delay.

As expected this recent trip to Jacsonville was rewarding, and be other than inconsistent running water, we had no major problems. Our 11-member team saw about 470 patients. Meeting Midaylove was one of my highlights. I first saw Midaylove when she was sleeping in her mom's arms while she waited on our long rustic wooden bench for the nurse to take her vital signs. I was helping move this process



Temrah and Midaylove during a physical therapy session

along and spotted Midaylove. She woke up briefly, could barely hold her head up, became startled, then cried and went back to sleep. By her size, I suspected she was at least two years old. I unofficially diagnosed her with a severe motor delay, and I wondered if she had a

traumatic birth, or if her development was affected by a metabolic disorder. Dr. Weis determined that Midaylove had microcephaly, a small head. When I started therapeutic play with Midaylove, I began to understand her.

Caregivers in Haiti often care so much for the ones they take care of that they give endless care. Midaylove was developing slowly, so her mom took care of her as though she was an infant. Midaylove became accustomed to sleeping in her mom's arms all day long.

During the two long sessions I had with Midaylove she became more responsive. She learned to prop sit by herself, stood with her mom's help, and became quite enamored with shiny beads. I taught her mom how to teach Midaylove to roll over, move in and out of sitting, get onto all fours, and push up to standing.

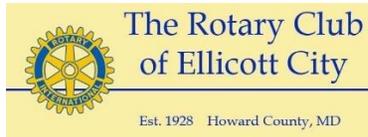
I was glad to have met Midaylove. Mom was very pleased to see all the things Midaylove could learn with the right kind of help. We gave Midaylove and her mom rendezvous papers, and we hope to see them in January.



Temrah, Midaylove and her mom at the clinic

Clinic Updates

Bruno Reich & Joel Goodman



The new clinic is still under construction, but almost completed!

We are so excited to share that we have sufficient funds to complete clinic construction!

The EC Rotary's Friends in Need Foundation donated \$10,000 to help Sante Total finish their medical clinic. An Ellicott City Rotarian challenged Sante Total to raise \$25,000, with a guaranteed match to this amount! Sante total continues to raise funds to meet this challenge. If any of these funds raised are not needed to complete building the medical clinic, the funds will go towards equipping the clinic with furniture and medical supplies. Once clinic construction is completed, we will focus our efforts on staffing the clinic with local talent in the Haitian community, as well as raising funds to furnish the clinic.

Bruno Reich an architect from the Ellicott City Rotary Club recently returned from Jacsonville and Cap Haitian where he met with Gaby to make final contractor selections, and place initial orders for supplies. Bruno and Gaby carefully formatted a budget of \$70,000 to complete the clinic and will continue to work together until our clinic is built!



Bruno and Gaby discussing the construction project.

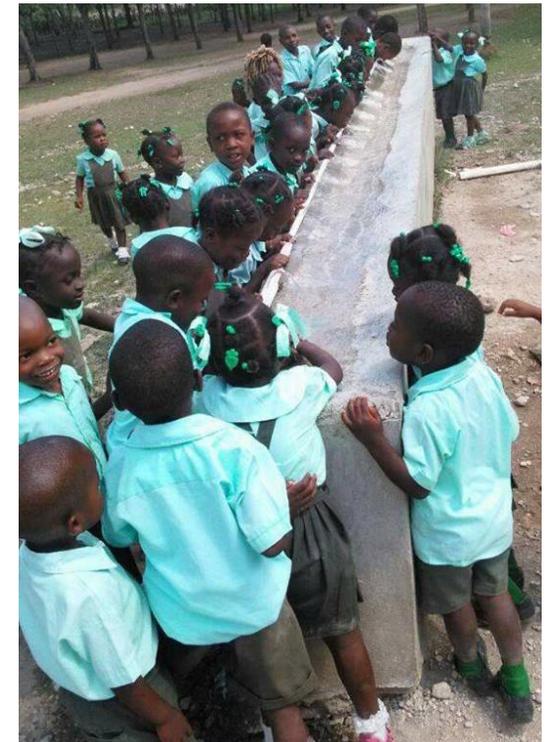
We are making strides in improving the quality of life for our friends in Jacsonville. Below is an image of the schoolchildren enjoying fresh water in their schoolyard. In May, the Ellicott City (MD) Rotary Club utilized a Rotary District Grant in combination with a generous contribution from John Gallini, founder of the Richmond (VA) Peace Education Center, to build a solar generated water pump that provides fresh water to the school and will also supply water to the new clinic.

Below is an image of the schoolchildren enjoying the water pump in the school yard. We are also in the process of working with local

Haitians to build drainage systems in Jacsonville to prevent flooding during the rainy seasons. It is truly a collaborative effort to complete both these projects.



Drainage systems



Water pump in the schoolyard.

Sante Total Trip Survey Summary

Julia Clemens, MD Candidate

We wanted to share with you some interesting information that we collected about the patient population that we treat in Jacsonville. Dr. Weis created a survey that we tried to complete with all the patients from the January 2018 trip. The questions were about topics such as what town the patients came from, their mode of transportation to the clinic, and what they thought of Sante Total. Jenny Severe, from Jacsonville, was able to help us by asking the questions of the patients, and then translating their responses. Overall, we received over 300 surveys in varying stages of completion. It was interesting to see that 16% of respondents came from Jacsonville, and 28% came from Pignon, the closest city to Jacsonville, about 3.5 miles away. There were also many people who came from even farther than Pignon. Most patients had arrived on foot (55%), but 35% did take a mototaxi, and others came by bicycle or donkey.



We are incredibly grateful to Maricel for the homemade meals prepared for the clinic staff. She is the best chef in Haiti!

We were intrigued to discover that half the patients were newcomers, and of the half that were returning, the average amount of time coming to the clinic was 4 years! The vast majority of patients got their drinking water from a pump (94%), and 68% of patients are treating their water. This was an interesting finding, and could be a potential area of education on future trips. Hypertension was a major diagnosis; 43% of patients reported having been told they had hypertension in the past, and we have many patients who are taking hypertensive medication. Most patients reported being happy with the clinic, and that they would change nothing, but a few would like for the clinic to be offered more frequently, and for it to have more services. I'm sure these patients are eager for the new clinic building to be opened soon! The results from this survey will be very helpful to us for assistance in writing grants, as well as in guiding us towards topics to discuss when seeing patients. If anyone would like more detailed information about the survey for research or other purposes, please email santetotal.healthcare@gmail.com and we will be happy to pass this information along.



Drs. MarkAlain Dery and Barbara Weis discussing plans for patients in the pharmacy with medical students and residents looking on.

School Lunch Program Fundraiser

Barbara Weis, MD, MPH & TM

We recently discovered that the school lunch program had been canceled and the kids were going from 7:30am to 3pm with nothing to eat! We are grateful that the St. Thomas of Villanova parish has provided a grant for \$3000 to help provide school lunches. We believe providing healthy and consistent lunches will motivate children to stay in their respective school programs. Sante Total is passionate about supporting education in the youth of Haiti – we believe education is the cornerstone of learning trade skills and is integral in obtaining jobs and careers, and that providing an education to the children is crucial for the future of the country.



Beers and Brats Fundraiser

Edward Ready, JD



On October 26, 2018 the Knights of Columbus at Mater Dolorosa held their 4th annual Beer 'N Brats fundraiser behind Mater Dolorosa Church in New Orleans, Louisiana for the benefit of Sante Total.

We had four different breweries donate; a local meat purveyor donated all the sausage, and various other groups including our Knights of Columbus Council donated all the extras to make sure every dollar raised went to Sante Total. That allowed the KofC's to raise \$1000 for Sante Total at this quickly growing event. This event is responsible for over \$50,000 in donations over the last four years, and we are forever grateful for their support.

Everybody had fun, as we always do at this event! Special thanks to the 25 or so members of K of C Council 1576 that made this happen. We are already planning on the event for **late October of next year!**

We are also hoping that more local persons who have been on past Sante Total trips will come to this event to describe their personal experiences! It is always refreshing when the community that donates gets an opportunity to experience a day-by-day life in Jacsonville, and the daily work we do in the clinic.

Volleyball Tournament Fundraiser

By Sergei Robinson, M. S., D.O.

In the summer of 2018 we hosted our first ever

sand volleyball co-ed tournament at Setters in Dayton, Ohio. Over 80 participants played and countless more cheered on at this exciting tournament. Over \$1700 was collected and then matched by an anonymous donor. The money was all put toward the final construction stages of the clinic. Thank you to everyone that came out!

Broad City Cider & Ale Informational Meeting

Margarite Matossian, MD/PhD Candidate

In August of 2018, medical student representatives for Sante Total in collaboration with Broad City Cider & Ale hosted an informational meeting in New Orleans. At this meeting, Sante Total alumni were present who shared their personal experiences with the local community. At Sante Total, we are dedicated to showing the community what we do in Jacsonville, Haiti, and how the local New Orleans community can contribute (through donations or volunteering) to our efforts. We had a great showing of medical students and residents who came to the event, and additionally we raised \$100 towards Sante Total! Broad City Cider & Ale hosts non-profit organizations and a portion of their sales that day went to Sante Total. Thank you to Broad City Cider & Ale for your support!

Holiday Gift-Giving with Sante Total

Paula Smith

The holiday spirit fills our hearts with ways to share the joy of the season. One of the best ways to do this is to remember the needs of others. As Charles Dickens said "No one is useless in this world who lightens the burdens of another." As your thoughts turn to gift-giving, please remember the people in

Jacsonville and give a gift that will "lighten" their holidays in so many practical ways.

You can make a difference by helping with the three top needs in Jacsonville:

- Completing the medical clinic – medical equipment.
- Educational scholarships for high school students – many of them wish to pursue careers as a medical technician, students in medical school, nursing and pharmacy.
- Medicines – a variety of medicines are needed to treat adults and children.

Some other ideas are: Sunglasses for children and adults; baby formula, diapers and wet wipes; personal care products; school supplies; fabrics for sewing; or small household items.

"The needs are great," said Dr. Alison Smith, Sante Total founder and board member. "Even something small makes a difference in the lives of many."

Please visit the website at www.Santetotal.org for more information on ways to donate a percentage of your Amazon purchases to Sante total with smile.amazon.com and the address to mail tax-deductible monetary donations.

FUTURE MEDICAL TEAM DATES

January 12-19, 2019

May 4-11, 2019

If you are interested in signing up please contact us at [santetotal.healthcare@gmail](mailto:santetotal.healthcare@gmail.com) in regards to the trips; more information will be available as dates come closer.

Sante Total Wishlist

Purchase important medical supplies to support our clinics! Our wish list can be found here: <https://www.amazon.com/registry/giftlist/LMFZE20HRC2L>

Funds needed for Sante Total

Please consider donating to Sante Total. We are running very low on funds which will make it difficult for us to continue to support our projects in Jacsonville.

We are making progress, but please remember we still need ongoing financial support to continue projects throughout the year! Our cupboards are looking quite barren! Even \$20 can go a long way in Haiti. **Please designate: "Sante Total" for your contributions.** There are two ways to give a tax-deductible donation:

Visit our website at www.santetotal.org and make a donation via Paypal.

1. **Write a check** payable to: "Sante Total" and mail it to: Sante Total c/o E. Alton Sartor 1511 Dufossat St. New Orleans, LA 70115



If you want to avoid making personal contributions, we started to use Amazon Smile, which allows you to donate money to Sante Total while you shop for multiple purchases on Amazon! The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. You can do this in 3 easy steps:

1. Search for: <http://smile.amazon.com>
2. Look up Sante Total under 'organizations'
3. Shop and earn money for Sante Total!

Need HOLIDAY GIFT ideas? Shop online for Sante Total shirts, mugs, baby clothes, etc. They make the perfect holiday/birthday gifts!

Link to merchandise:

http://www.cafepress.com/santetotal?awc=4102_1449203914_18e89914d5d5cd3877110659e0b65ba7&utm_medium=affiliate&utm_source=aw&utm_term=85386&utm_content=0



Donors

February 17, 2018 – October 3, 2018

Lisa Reed
Andrew Wallace
Carolyn Randall
Dr. Paul and Mrs. Betty Haley
Unitarian Universalist Church of Rockville
Dr. Barbara Weis & Mark Stiles
Dr. Paul Marquis
100+ participants in tournament in Dayton, Ohio
Parishioners of St. Thomas of Villanova (grant for school lunches)

Broad Street Cidery
Dr. Charles Grassie
Audrey Desky
Pamela Kreis
Kristine and Eldridge Brown
St. Mark's Baptist Church
Pamela and Howard Taylor
Jennifer Davlin
Temrah Okonski
Michael Quigg
Vernon Sandin
Nicole DeValle
Gwen Rowe
Marie Miller
Rebekah Eklund
Ellen Feldman
Cristina Cenciarelli
Michelle Gray
Deborah Dwyer
Haley Stephens
Michelle Dutkin
Marie Reed
Jamille Taylor
Kris Kiefer
Cynthia Amitin
Dr. Kenneth Schoendorf
Gisela Cucchetti
Gina Meletakos
Janie Ginsburg
Kaydee Kaiser

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Ken Shoendorf, M.D. – Baltimore, MD
Ronald May, M.D. – Baltimore, MD
Gina Meletakos, M.D. – Baltimore, MD

Kaydee Kaiser, M.D. – Baltimore, MD
Julia Clemens – M.D. Candidate – Baltimore, MD
Jamilie Taylor, M.D. – Baltimore, MD
MarkAlain Dery, D.O. – New Orleans, LA
Haley Stephens, MD Candidate – New Orleans, LA
Michelle Skuba-Gray, MD Candidate – New Orleans LA
Joel Goodman, DMD – Elicott City, MD
Bruno Reich – Elicott City, MD
Michelle Dutkin, M.D. – Baltimore MD

September trip participants:

Barbara Weis, M.D. M.P.H. & T.M. – Baltimore, MD
Paul Marquis, M.D. – New Orleans, LA
Margarite Matossian, MD/PhD Candidate – New Orleans, LA
Temrah Okonoski, PT – Elicott City, MD
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Stay warm this Winter!