

KALINAGO COLUMN

THE NEWSLETTER OF THE SALYBIA MISSION PROJECT
FEBRUARY – APRIL 2008



*Helping to provide medical care for the
indigenous peoples of Dominica*

A NOTE FROM THE EDITOR:

We are all very excited to have the Kalinago Column back up and running. The goal of the newsletter is to keep all those past and present members of the Salybia Mission Project informed on the progress that is being made in the Salybia Territory. This is going to be a bi-semester newsletter where we will be able to highlight the experiences and accomplishments of The Salybia Mission Project. With the return of the Kalinago Column we are also working on getting our website www.Salybia.org updated and running. We hope to have this accomplished by the end of this semester and will keep you all posted on the progress of this project. Thank you to all of you who have helped the SMP, whether it be going on clinics or participating in one of our many fundraisers. We greatly look forward to working with you in the future as we do our best to “help provide medical care for the indigenous peoples of Dominica”

*-- Jenn Pimentel
KC Editor*

What is SMP?

The Salybia Mission Project (SMP), is a non-profit organization devoted to providing much needed medical care to the indigenous population of Dominica. The Carib Indians (also known as the Kalinago) are a unique people habituated in the northeast corner of this eastern Caribbean nation. With the assistance of medical students from Ross University School of Medicine and devoted medical personnel from the area, SMP strives to enrich the lives of the disadvantaged Carib people.

For more detailed info, please go to:

About SMP: <http://www.salybia.org/about-us/>

Our History: <http://www.salybia.org/about-us/history-of-smp/>

WHAT'S INSIDE???

pg 2-3 FUNDRAISING SUCCESSES

pg 4 Why Go to the Clinic? A
Personal Journey By Helena Russell

pg 5 UPCOMING EVENTS: Details

pg6 THE CLINIC “WISH LIST”

pg7 DONER RECOGNITION



UPCOMING EVENTS:

Clinics: Feb. 23rd
March 1st
March 29th
April 12th

RUSM Culture Carnival: February 29th

Dodgeball Tournament: March 1st

RUSM Staff Fair: March 7th

Salybia Health Fair: March 8th

Game Night: March 28th

5-K Run: April 5th

FUNDRAISING SUCCESSES

Charity Hurts!

Raising Money for the SMP, dodging one ball at a time....

More than 50 Ross University medical school students and faculty relived their childhoods in the Salybia Mission Project 2nd ever Dodgeball Tournament held the September-December 2007 semester organized beautifully by Geoffrey and Janelle. Tournament directors pointed to "*Dodgeball: A True Underdog Story*" as the inspiration for the event.

Unlike the big-screen version, a number of winners emerged. The first-place team, **Isle E featuring Jazz Hands Down** received \$200EC and the second-place finishers garnered \$100EC. The women-only team, **Ball Busters** faired well in practice rounds, but lost to the ruthless all-male teams during the 2nd round. The faculty game proved that maneuverability and strategy, not necessarily strength, was the way to win. Dr. Averill, Dean Myers, Dr. Sheakley, Dr. Seidel showed choreography-like dodgeball dance moves to avoid the cannon-like shots fired by Mr. Hawley, Dr. Larson, and Dr. Adebisi. The tournament also featured a raffle for spectators. Thanks to the generous donations from local Dominican businesses, faculty, spouses, and students the raffle was a huge success. At the end of the day the Salybia Mission Project raised **\$1,033EC** for their charity!!!

- Catherine Schmitt



Isle E featuring Jazz Hands Down



The first ever all-women team: the Ball Busters

It's official:
*Doctors really do
make better lovers...*

Thanks to the support of the
RUSM community the SMP
raised

\$1000 EC
on our shirts for
Valentine's Day 2008!!



What a success!!!

First Ever RUSM Culture Carnival

One of the Clinical Coordinators, Cathy Schmitt, has been hard at work securing donations from many of the amazing local Dominica artists for the SMP's silent auction to be held

FEBURARY 29th
@ 7pm in Classroom 6

Come out and bid on these
incredible works of art and
support the
mission of SMP!!!

FUNDRAISING SUCCESSES (cont.)

The tri-annual SMP 5K



Once again last semester the SMP 5k turned out to be a HUGE success with more then 60 people participating and raking in over

\$5000EC!!

Through the hard work of the two organizers Stephanie and Bella, there was a plethora of amazing prizes they were able to get donated from business all over the island. For the raffle a *dinner with the Prime Minister Roosevelt Skerrit* was quite possible the best prize in the history of the 5K!

It was also a very exciting race as both the first place records in BOTH the male and female divisions were replaced this year! Quite a year it was!!

A big thanks to all the members of the RUSM community that participated in this awesome event!! We look forward to seeing you again this year at the finish line...who knows what records will be broken this year.....



Sept-Dec Semester 2007 SMP 5K Results:

MALE DIVISION

1st place Sean Dillon 17:32

(new record)

2nd place John Thurston 18:56

3rd place Mike Stefanski 19:15



FEMALE DIVISION

1st place Camille Doan 20:32

(new record)

2nd place Jess VanBeek 21:27

3rd place Molly Walsh 21:57



Don't forget to join us
April 5th for this
semester's 5k

BE THERE.

We'll be. Will you?

*?'s contact **Johnny**

JohnnyTenegra@rossmed.edu.dm

WHY GO TO THE CLINIC? A PERSONAL JOURNEY:

"Did you say *malaria*?"

By Helena Russell

Over a dozen of us were squeezed into the small room hovering over the doctor while he made a neat incision over the patient's lump on his left shoulder. A line of blood trickled out and the nurse, unable to change positions in the cramped room, passed a sterile glove and gauze to the student standing closest to the doctor "Here, you swab."

This was the last procedure of the day, and most of us were feeling hot and tired. It was late July, possibly the hottest time of the year and the room was stifling after seeing half a dozen people from the Kalinago area who had come to seek care at the Salybia Mission Project free health clinic. Each pair of students had started the clinic by completing an interview and initial assessment with one of the patients before presenting their findings to the doctor. Having just finished my first few months of medical school as a first semester student, I was grateful to be paired up with a second year student who was more familiar with the process. This was more than just taking vital signs; suddenly I was in the position of asking personal and probing questions about health problems, living conditions, and sexual activity. I tried hard to avoid blushing.

After the intake process the doctor gathered us together outside and began quizzing us on signs and symptoms of metabolic and cardiovascular diseases. "Why might a diabetic patient develop peripheral neuropathy?", "what causes atherosclerosis?" He spoke with an uncommonly quiet, almost whispering voice, and I had to lean towards him to hear. He had driven that morning from Roseau where he had just completed a long week at the Princess Margaret hospital and he carried with him a small mesh bag with five cell phones. He mumbled something about having "a different purpose for every one of them." Despite his obvious fatigue he listened to our answers carefully. He didn't seem to be satisfied with our two sentence answers and he continuously asked, "yes, but why?" I scanned my brain trying to remember specific biochem, histo, and physiology notes... bradykinin, nitric oxide, elastin, starling forces... aghhh! I vowed I would begin studying harder as I marveled at the ease with which some of the other students rattled off the processes of inflammation or glycosylation. The nurse poked her head through the door, clearing her throat dramatically, alerting us that the patients were ready to begin the clinic. We all filed into the small school office space converted into an exam room with our first patient. This woman's chief complaint was right knee joint pain, and we all palpated and examined the affected knee as we discussed potential etiologies of joint pain from injury to autoimmune diseases, and gout to genetics. The patient seemed unperturbed by the process of our discussions and the steady train of hands moving her limbs back and forth, up and down. Occasionally one of the doctor's phones would ring, which he would glance at and then ignore. After exhausting potential causes and an agreement that her pain was caused by physical injury, she left with a prescription for NSAIDs and instructions to rest. Our next patient was an elderly woman who had vague complaints of abdominal pain and lack of appetite. Again we went through the process of discussion and palpation. This time the patient left with a prescription for an antibiotic and a list of foods to avoid for prevention of diverticulitis.

The day progressed quickly and my mind whipped back and forth recalling material from different lectures and taking notes on what I intended to look up when I returned home at the end of the day. I was in the process of jotting something down about developmental milestones when I heard the doctor say "it looks like this girl has malaria." Malaria! I thought Dominica did not have malaria! Yikes! Mosquito net!!!!, I wrote down.

Here was a young toddler sitting happily in her mother's lap looking alert and cute all powdered and dolled up in what was probably her best clothes. "What can you tell me about malaria?" the doctor asked. "It's an infectious disease caused by a protozoan?" one student ventured. "No, not *malaria*,... *miliaria*, you know, prickly heat rash." Ahh, I crossed out Mosquito net!!!!

Finally it was our last patient who presented with the fist sized lump on his left shoulder. Again, we palpated and discussed. *Cyst, abscess, lumpoma?*, *lymphoma?*, *lipoma!*, I wrote down. Whatever it was, it was going to be removed. The doctor scrubbed, and again one of the phones rang. This time it was one of the important phones. The nurse held it to the doctor's ear while he worked. The patient took this as a cue to call his girlfriend; "I'm being operated on" he reported proudly. The doctor made his incision, the student swabbed, the biohazard waste container was passed overhead, and moments later out popped a glob resembling a skinned mango. We all oohed and aahed at it in the basin, while the doctor quickly sutured up the incision. "The problem now is drainage," the doctor spoke quietly and asked the nurse to open another set of sterile gloves. Carefully, he extracted the glove, cut it at the base of where the thumb would be, and placed it within the incision before completing the final few sutures. "There. Now we have a drain. In the field we make do with what we have."

I wondered about what it meant to "make do with what we have". Six people received care that day thanks to the Salybia Mission Project. Not far from where we were standing was a new clinic, nearly completed, which SMP was building. It was students just like me who had learned to "make do" with their limited resources and yet raised enough funds over the previous six years to build a clinic so that patients could be treated in a fully staffed and functioning clinic and not a converted elementary school room. I realized that "making do with what we have" was not about succumbing to limitations, but using resources wisely and striving for something better. Be that to become a better student, a better doctor, or, ultimately, creating a healthier and happier community.

UPCOMING EVENTS:

Ross University Staff Health Fair

Salybia Mission Project will be co-hosting the first ever Ross University Staff Health Fair on Friday March 7th in rooms 2B and 3. The fair provides a perfect opportunity for volunteering students to put their skills and knowledge to a good cause by providing screening services to Ross employees. Health education and screening activities will be conducted by several different campus based organization including fasting blood glucose, cholesterol, blood pressure, vision checks and more.

If you would like to volunteer for the fair please contact helenarussell@rossmed.edu.dm

Oh yeah, it's Clinic Time!!

Haven't been able to make it to a clinic yet? Now is your chance...

Mark your calendars this semester's remaining clinics are:

- Feb. 23rd
- March 1st
- March 29th
- April 12th

** Don't forget to watch your emails for instructions!!

Anyone for a game of Scrabble??

SMP is co-hosting yet another fundraiser with the first annual game night.

It will be held March 28th and is sure to be one heck of a time! Come show off your sweet board game and pool skills for a great cause!!

What your emails for time and location TBA

Questions? Contact Aisha at aishaharris@rossmed.edu.dm

Dodgin' Some Balls... AGAIN

The SMP Dodgeball Tournament

Is to be held on

March 1st

This year's theme:

"If you can dodge traffic in Dominica, you can dodge balls"
And is sure to prove to be a great one, so come out to play and support your favorite team! It is sure to prove to be yet another successful event for the SMP

SALYBIA 5K TIME!!!

We know you all have been anxiously training for this event for the entire semester, so GEAR UP and get ready, cause this semester's race will start 8:00am SHARP at the front gate on

April 5th

It's hard to beat the incredible prices that were donated last semester, but this semester's organizers are out on the prowl...

BE THERE. We'll be. Will you?

The Clinic "Wish List"

As many of you know, the clinic is **always** in need of supplies to fill its shelves and help serve the Kalinago people. When you travel home over break, keep some extra space in your suitcase and bring back some meds and/or supplies for the clinic. In addition this semester we are going to have a **box at the 4th semester sale**, so any items that you don't sell or just want to donate will be gladly accepted at that time to be used in the Salybia territory. Be encouraged that your donations are touching the lives of the indigenous people of the Carib Territory. So, continue to donate and remember we accept everything and anything you can give.

Throughout the semesters, you have the opportunity to drop off any items in the new **drop box in the library** and you can rest assured that they will be swiftly carried to the clinic where they are much need and appreciated!!

In addition to any items you may have taking up space in your apartment that you want to get rid of, at this time there is a **special need** for donations of...

- ***Analgesics (Ibuprofen, Tylenol etc)**
- ***Anti-diarrhea**
- ***Cough and Cold meds (benedryl, etc)**
- ***Hydrogen Peroxide**
- ***Betadine for ulcers**
- ***Anti-fungals,**
- ***IV-pole**
- ***Lamp for papsmeas**
- ***Brochures (diabetic and hypertension)**

If you or anyone you know would like to donate any of these supplies please contact our **Supplies Coordinators**:

Juliana JulianaAruna@rossmed.edu.dm
Eric EffiokEkpenyong@rossmed.edu.dm

!THANK YOU!

Exciting News:

You can now claim
**U.S. Tax deductions on
monetary donations**
made to
Salybia Mission
Project!!!

Since SMP is a Dominican Based Non-Profit Organization, we cannot authorize US tax deduction directly, therefore another company, the Dominican Academy of Arts and Sciences, has generously agreed to authorize U.S. tax deductions for us.

If you would like to see their website please go to
www.da-academy.org

**Here is the 2-step
process for getting a
U.S. Tax deduction:**

1. Get a 501C3 deduction form from the Dominican Academy of Arts and Sciences from

Thomson Fontaine's
Tel : 202-623-7937
tfontaine@imf.org

2. Send Check with enclosed memo indicating the donation for **SALYBIA MISSION PROJECT** to

*C/O Thomson Fontaine, DAAS,
PO. BOX 27254
Washington DC, 20038*

If you have any questions you can email our **treasurer at
rudenawhigham@rossmed.edu.dm

WELCOME TO THE NEW DONATION SECTION OF THE KC

We are going to reserve this section for special thanks to those individuals and organizations that have donated to the SMP.

Salybia Mission Project would like to take this opportunity to thank the following parties for their generous contributions:

*Orietta Girard

*Rudena and Bruce Whigham & Family

*Stephanie Aguila

* Dr. Eric Wilson

*All the new January 2008 members of SMP

** Since January alone, the SMP has raised a total of

\$11,000EC

A **HUGE** "Thank You" to everyone who has help participate in any of our fundraising events. Your continued generosity is greatly appreciated as we look forward to serving the peoples in the many years to come.

Thank you!!!

Coming soon....

- Exciting updates on the NEW clinic...

Stay Tuned for the re-launch
of our website
www.Salybia.org

Calling All SMP Members:

Here at the Kalinago Column, we want to start *highlighting personal experiences* of students while at the clinics, so if you've had a *memorable experience* at that you would like to *share*, please notify the Editor so that we can make sure to get it in the upcoming editions of the KC!!

Contact Jenn:

JenniferPimentel@rossmed.edu.dm