

The Friends of Barnabas Foundation
Mountain Medical Missions
Team #2 Laurel Hills and Warwick Memorial UMCs, Virginia
February 19 - 27, 2011

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**The Journey begins**  
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Honduras Team 2 arrived in Peña Blanca, yesterday, February 19th. The morning began as a big adventure when those who arrived at Laural Hill found that the bus would not start...a problem soon fixed and the gang left only 30 minutes late. There was A LOT of wind at Dulles, and our take off was a bit bumpy, to say the least.

We arrived in San Pedro Sula, Honduras and were met by Melvin and Elmer. I am pleased to report that all luggage arrived at the airport on the same flight as the team! Silvia, the mom of Carlos, one of our extended care children, met us at the airport to pick up her sons monthly supply of pediaisure, so he can continue to grow! After everything was loaded (and everyone), we began our journey to the Barnabas House

When we arrived at the Barnabas House, we unloaded, had dinner and got settled in. After dinner Charles led a devotional, and encouraged us all to sit beside someone we had not met before this trip...I wondered exactly where he was going with this, but he had us wash one another's hands (instead of our feet, whew) and encouraged us to feel the impact of human touch as we go out this week. It was amazing to have this experience with someone that you barely knew, and another that you were familiar with.

Many of us took showers last night, and then crashed! Those of us who did not shower last night realized this morning that we should have...no water as of this update, but it should be back on soon! A first lesson in patience and trust, learning to live outside our comfort zone.

Please keep the team in your prayers as we make this journey!

Jillian Johnson for Team 2

Dr. Judy, Beverly, Bessie, Charles, Jillian, Eric, Carlos, Juan, Lois, Eileen, Connie, Doc Skaggs, and Raymond

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**A 'Sunday Hat'**  
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The Team was up early Monday morning, some earlier than others, for breakfast at 6:30, a team meeting at 7:00 with the Barnabas House staff, and departed by 7:30ish. The Team visited the mountain community of Santa Ana, about an hour and a half from the Barnabas House. We were greeted with many smiling faces, and lots of eager hands to help us unload the supplies.

The team's assignments for the week are:

Deworming: Connie and Lois

Clinic: Doc Jerry with Jose to interpret, Dr. Judy with Carlos to interpret, Eileen with Bessie to interpret, Beverly with Juan to interpret, and Eric with Jorge to interpret.

Eye Clinic: Jillian, Elmer, and Raymond

Pharmacy: Charles (with Connie, Lois, and Eric all pitching in as needed)

As the Team set up their stations, the crowd grew. Before we "opened for business", Pastor Joaquin, from Santa Anna, opened the day with prayer and the Friends of Barnabas staff provided instructions for how the day was to proceed. The medical staff took time to share in prayer and bless members of the community individually as requested.

The day was busy! In total the clinic had 212 patients, the eye clinic had 54 visitors, the deworming station served 132 children; with three referrals for extended care.

I think the biggest conversation of the day was with a gentleman who began in Beverly's station saying that he could not hear well; she took a look and advised that his ear was impacted with wax. The gentleman proceeded to visit Eric who soaked and rinsed his ear multiple times and Dr. Jerry removed a very solid piece of wax that was the size of the gentleman's ear canal. The gentleman was grateful and said he could hear again!

Another patient began her clinic visit with Eileen because she had two large wounds on her left leg that were not healing. Eric spent about 15 minutes soaking and cleaning the leg, redressed the wounds with clean bandages, and sent her home with antibiotics to heal. She was so grateful for the care, hugging everyone she passed as she left the clinic!

The eye clinic encountered a man missing two fingers on one hand, and all of his other hand. We provided him with reading glasses and a new hat because the one he was wearing was tattered. Elmer asked if he wanted him to take the old hat and the gentleman said "no, no"; he planned to wear the old one for work and save the new hat to wear as his "hat for church". This gentleman was also one of the first to help us load the bus in the evening.

It was a wonderful day, and everyone is doing well and ready for bed!

Please continue to keep us in your prayers!

Jillian Johnson for Team 2

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**Ready to Serve**

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I just want to begin the Day Two update by saying that we have some really awesome cooks, and they are keeping us well fed!

Now, after we all stuffed ourselves at breakfast, we made our way up to the Barnabas House for morning devotions. (I should note that we found out that 15-20 parents and their children stayed overnight and showered at the Barnabas House this morning as they were headed off to surgery, likely the cause of the water shortage...I cannot think of a better reason!) This morning's devotion was lead by Connie with the assistance of Charles. It was a great start day two, preparing our hearts to go out to the communities tomorrow. We had a time of anointing one another, passing out crosses to each team member, and shared in communion. What a blessing the devotions have been, and it is only day two!

After devotions, we gathered for a group picture before the craziness started! We have 13 different versions of this pose, a big thanks to Danilo for being such a patient photographer! Please forgive the lack of photos. My email keeps failing to attach the picture, hopefully tomorrow we can get it to work!

We spent the rest of the morning sorting meds and packing totes in the bodega, counting out vitamins, and unpacking duffles. Teamwork at its finest! This was a great time of bonding for everyone.

Elmer arrived a little before noon and we traveled to Lago de Yojoa for lunch, followed by a visit to see the mariposas (butterflies) in a beautiful setting. We then toured Cuevas-Taulabe (a cavern), which, again, was beautiful and provided some very good exercise. The team had our first medical "incident" on the muddy slick steps; Eileen slipped coming down a set of stairs (most of us almost fell here)...she has some back pain, but provided our medical team members with a chance to practice diagnosing an injury. I am happy to report that after some rest and pain killers, she has rallied and is quite the trooper (though still in pain, I'm sure). Hopefully she is feeling better tomorrow!

This evening we finished sorting the vitamins and goodies for the villages, and have loaded the bus. I hear breakfast is at 6:30 followed by a team meeting, then off to our first village. By the time you read this we will be there working, and possibly on to the next day. Time flies on a mission week.

Thank you for keeping us in your prayers this week!

Jillian Johnson for Team 2

Dr. Judy, Beverly, Bessie, Charles, Jillian, Eric, Carlos, Juan, Lois, Eileen, Connie, Doc Skaggs, and Raymond

P.S. Everyone has now had at least one shower... woohoo for hot (mostly) water!

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**Power Rangers?!**

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This morning the team visited the mountain community of El Gavilan, I am not convinced that we actually spent the entire trip on roads, but, as always, Elmer got us there in one piece.

Today the clinic saw 210 patients, 38 visitors to the eye clinic, and 61 children visited the deworming station. The day ended with two referrals, and one possible referral.

As the day started Connie taught the children standing in line a special handshake followed by the "power ranger" stance...I only wish I had video of this to share...perhaps tomorrow I will work to capture that. She has such an amazing connection with all the children we meet! In addition to the handshake, she also taught them about freckles...she would point to her arm and all the children would yell in chorus "freckles" and burst into laughter. What a wonderful sound!

A few of today's stories... Dr. Jerry saw a baby who was 5 months old and weighed over 22 pounds; he identified immediately that something was not right with this child. After speaking with the mother they determined that it was an endocrine problem and referred the child for follow-up. The second referral was a 13 year old with a heart murmur, which did not sound bad but the mother stated that the child tired easily. Hopefully these families will follow through with the extended care program so that the children can heal!

Our day ended earlier than last night, but as we were packing up a darling 9 year old was sitting beside her mother, and the mother remembered one last thing before we closed shop, that the little girl was getting frequent headaches. Dr. Judy immediately thought the girl needed glasses. The glasses station had been packed up, but Raymond went to get the refractor from the bus, and I checked her eyesight.

After getting her prescription and consulting the glasses inventory, Eric and Raymond went to pull several pairs that were possibilities. Dr. Jerry, with the help of Juan, tested her for nearsightedness. She could read everything very well, and was a very smart little girl! When the guys returned with the glasses, they could not find one pair and the first three did not work. Lois went to look for the last option and found it! She brought them into the clinic and the girl tried them on, she could see! It wasn't perfect, but much better. Eric had to do a little "customizing" with the size of the glasses, but she was very proud of them as she walked out of clinic. Elmer and Pascuala are now planning on returning to this community next week to see if the glasses are helping with this child's headaches; if so they will put her in the extended care program and get her to a specialist to get the correct prescription. It was a wonderful way to end our day!

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### **A Home Visit**

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Today was a short ride to the community of Las Crucitas, only about an hour. We arrived, set up early, and waited for the extended community to arrive...I heard that some had begun walking around 5:00 a.m. to see us.

149 patients were seen in the clinic, 40 in the eye clinic, and 111 children in deworming, with one referral for extended care. Today was another day of cleaning ears, Eric was very busy

cleaning out the ears of about 8 gentlemen...but they all were very grateful.

The referral was a little girl born with crossed eyes. Mom was concerned and wanted to know if there was anything that could be done to help. Eileen and Bessie referred her to the extended care program for surgery to correct the issue.

Dr. Judy, Bessie, and Eileen made a house call today...the son of the lady that was in ill health came to the clinic to request that someone come visit his mother to remove a urinary catheter; when the ladies went to the patient's home they found out that she had been to a doctor and had an abdominal tumor. When they looked at the CT scan results, the tumor had grown very large and was pushing her intestines up into her lung area, making her unable to lie down and breathe. The family asked if the tumor was operable, and after viewing the scan the team realized it was cancerous and inoperable. At first, the ladies blessed her and prayed over her; as they were leaving they discussed the hard reality regarding survival and decided they needed to talk to the family. The ladies went back and spoke with the patient's husband and children and explained to them that her time on earth was going to be short. They made sure she had medicine to make her comfortable and told the family that the best thing for them to do would be to spend as much time with her and enjoy the time they had...and unfortunately, not to be surprised when she passed. The team did not tell the family, but believe that she will mostly likely pass in less than six months. It was the first time Eileen had encountered such a situation (this is her third trip to Honduras), and probably the hardest thing she had to do. Pastoral care is a key part of health care. God's healing touches us to the core and doesn't always come as a physical healing, but prepares and frees our Spirit.

We have restocked the bus from the bodega, and are all turning in early because tomorrow is the earliest day, longest trip, and a larger community.

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### **Many Helpers**

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Team 2 is on their way home. I received this today and spoke with Lois and Elmer by phone as they drove into San Pedro Sula to fly home. Our prayers are with Team 2 as they travel. They have had a full week! God's blessing continues beyond our expectations. Welcome back! You have certainly walked more than a mile in others' shoes. Thank you for all each of you have done as you served in Honduras this week.

The last few days have been eventful! Thursday began EARLY with both breakfast and dinner on the road; the community we visited, Montañuelas, was an hour on unpaved mountain roads...Elmer told me that they cannot get back there during the rainy season.

Ears, ears, ears...again with the ears, Eric stayed really busy, as usual. First, Beverly looked up at him and said "one, two, three, four, five"...it was a whole family in need of his services!

Eileen then found a live creature (bug) of some sort in a two-year-old's ear. Mom had said the child was tugging at his ear and when Eileen looked she found the creature moving around in the ear canal. She looked up and immediately called for Eric. The comment was made that "well, he's asleep, hopefully he will stay that way"...not so. We heard the screaming next door and wondered what in the world was going on. Eric used hydrogen peroxide in the child's ear and that was when the screaming started, the child had quite the fight in him! At one point, when the child sat up, Bessie saw the creature come out of his ear and Eric was concerned that it was still in there, it took three adults to hold the child down so that Eric could clean out the wax to ensure that there was nothing left.

This was the biggest day and the poorest community. There were many stories that touched the hearts of the team. Charles and Connie gave a prayer shawl to a 44 year old woman, who had had a stroke. They thought she was in her seventies, but saw her actual age when she went to the deworming clinic. Connie and Charles gave her the prayer shawl, prayed with her, and will forever remember her. There was also a sweet little 82-year-old lady who was celebrating her birthday on Thursday, Charles thought that medicine was a nice gift, but gave her a prayer shawl as well...she was so happy about this gift! When she came up to the eye clinic, she was talking to me... I told her "no hablo espanol", but she kept talking...Elmer told me that she said she understood that I did not understand Spanish, but wanted to talk to me anyway...she received my cross. She also got glasses, which made her very excited because she could see her bible, and sunglasses. She left her visit with the team very happy!

I think everyone agrees that of all the communities we visited, this one was most in need.

The numbers for the day were: 216 patients in the clinic, 37 in the eye clinic, and 167 in deworming. The day ended with three referrals

We got back to the Barnabas House late. Eric led devotions and talked about how we are the body of Christ, and it takes all the "parts" to make the body work...just as when we serve in all the villages, each station and portion of the clinic is just as important as any other... it takes the entire team to serve the community.

The team was able to rise a little later on Friday, we traveled to a community, El Cerron that was less than an hour away, and not very far off the paved road. I think everyone was a bit concerned though when Elmer stopped the bus to get out and check to make sure the road was wide enough and had not washed away...as always, he maneuvered the bus around without a problem.

As soon as we stepped off the bus, a little girl (eight years old) was one of the first to help unload the bus. She slung a duffle over her shoulder and carried it to the clinic. She immediately took to Bessie and Eileen, and helped them all day! Her shoes were not in what most would consider wearable condition, so Lois washed her feet and got a new pair of pink flip flops for her...she still has room to grow in them. Beverly put some bows on the girl's pigtails, and she was ready for the day! We found out later that she lived with the school teacher and also her grandma in the village; her parents did not live near.

Dr. Judy performed surgery to remove a mole from a young boys' back. She also injected another boys' finger for a cyst. She also made a referral for extended care for a seven-year-old with a heart murmur.

Beverly and Juan had a patient named Moses, he was a 79-year-old man who came in to the clinic with a large staff, a sheet on his head because he was cold, old rubber boots, and was very unkempt...he began telling Juan that he had prayed nine times on his way to the clinic, he had fallen a few weeks ago and had not been feeling well. Beverly took the sheet off of his head, which appeared to be fine. She then began to take off his shirt(s) to look at his ribs. He had on three layers, and when she got to the last layer, he appeared fine except for a small area on his back. Beverly cleaned the wound, gave him a new t-shirt, lots of vitamins, pain medication, and a hat for his cold head. He was a very happy customer as he left the clinic.

Dr. Jerry had a toddler who had fallen and had a very dirty forehead, and scrapes around his face. Eric and Dr. Jerry cleaned his face up to make sure there were no cuts to his forehead, nose, and lip. They found a laceration to his forehead, they cleaned it up and put steri-strips to close the laceration. They also found that he had lost a tooth. Once he got cleaned up, he settled down and mom was very happy!

Dr. Jerry also had a seven-year-old girl who had a LARGE burn on her right hand that was blistered over three fingers and her palm. They soaked it to clean it up, and as Eric was debriding the dead skin, they found a wart on the inside of her finger that they could not do anything to help because the burn was so bad. Connie sat beside her to comfort her, she was a very brave little girl! Eric put bacitracin on the hand and wrapped it up, and the little girl played with her friends the rest of the day!

The day ended with 197 patients seen in the clinic, 38 in the eye clinic, 81 in deworming, and 3 referrals for extended care.

The team got back to the Barnabas House, unloaded the bus, and began inventory...fun, fun! There were some that were energized enough after the process to stay up LATE (or early) playing a lively game of Uno.

Today the team went to the Water Falls, and some were brave enough to try the zip line. We also ventured to San Pedro Sula for some shopping. The team visited an orphanage on their way back to the house...everyone was in agreement that they would like to go back. This evening we were able to visit Elmer's house and his family... many team members were overwhelmed by how much his kids had grown up since their last visit!

As I close this, Eileen has just finished the evening devotion, the coffee is being sorted and duffles are being repacked with the teams' stuff. I think we will all be happy to get home to our families, but also changed by our experiences this week! God bless you all. Thank you for your support!

Jillian Johnson for Team 2

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