



Winter 2012

## PRHDR Winter 2012

### Providers and Mentors

Whitney Lutz, PNP – Faculty, Trip Leader  
Jean Burton, NP-Faculty, Trip Leader  
Lois Tiedeken, ANP – Faculty, Team Leader  
Ben Towne, MA ATC – Faculty, Lead Safety Officer  
Cindy Robertson, MD – Medical Director  
Daniel Wendel, RN – Equipment Manager  
Pat Patterson, MD  
Carol Eckert, MD  
Tom Leeson, MD  
Nuala Kavanaugh, NP  
Mary Berg, PT  
Joseph Sorbello, PA  
Alicia Greenwald, NP  
Danielle Lutz, RN  
David Gudisman, RN  
Pete Croft, MD – Emergency Medicine Resident  
Rebecca Brakeley, MD – Pediatric Resident  
Andrew Jones, MD – Internal Medicine Resident  
Skip Green, LPN  
Seinin Bergman, RN  
Jennifer Bonn, RN  
Karen Yench, LPN  
Jen Sullivan, RN  
Kelly Nesbitt, OT

### Interpreters

Janice Jaffe, PHD – Faculty, Lead Interpreter  
Patricia Ingwersen – Assistant Safety Officer  
Rebecca Marvil – videographer with  
Miguel Aponte-Rios, camera  
Mike Dalious

### Support

Marcia Chaffee  
Judy Green  
Kelly Sholl  
Caroline Slawiec  
Hana Smith  
Dan Hargreaves



## VOLUNTEERS

## **Nuala Kavanagh, NP**



Nuala Kavanagh is a Nurse Practitioner who is currently living and working in Ireland. She completed High School in Ireland but received her nursing training in United States.

She completed her Master's in Nursing at Michigan State University and worked for Ingham County Health Department and Tri-County Community Mental Health for 20+ years while living in Lansing Michigan. For five of those years she also worked as clinical instructor at Michigan State University in the Master's program.

She was introduced to PRHDR through her daughter Gemma who worked as an interpreter for the group when she was in Peace Corps in Dominican Republic. Over the past eleven years, Nuala has volunteered in various provider capacities for the group as needs arose. More recently, she has been the pharmacist and enjoys this role as she gets to work with various student nurses and has much contact with the providers as they go about their work.

Over the past few years Nuala has become aware that some of the girls from the villages where we work are prevented from completing High School because of lack of funds for transportation, uniforms and other supplies. She is currently trying to raise some \$\$ to help some of these girls with the support of a Mother's Wish Foundation at [www.amotherswish.org](http://www.amotherswish.org). The friendship and support of colleagues and the welcome of local village people each year renews and inspires Nuala to keep coming back in order to give back to others and give thanks for her fortunate life.

## **Cynthia Robertson, MD – Medical Director**



Dr. Robertson fell in love with Latin America at 16 as an exchange student in Ecuador. Her junior year from the University of Rochester was spent in Spain at the University of Madrid, and she earned her MA in Latin American Studies at Stanford University in 1966.

Cindy and her husband Bob McLaughlin devoted 10 years to the War on Poverty, then to teaching English in Maine 's public schools. Teaching remains an important focus in her life as part time faculty at UNE medical school and preceptor to more than 50 medical students for clinicals.

She graduated from Tufts Medical School in 1980 and completed residency at Maine Dartmouth Family Practice in 1983. As a National Health Service Corps Scholar, Dr. Robertson has served at the Bingham Area Health Center in a town of 1000 for 26 years, currently in practice there.

Having first volunteered with PRHDR in 2001, she has had the privilege of sharing the experience with their two sons, James and Tim, and her husband Bob (past president of PRHDR) and with many colleagues and friends. She has been on the PRHDR Board for several years.

Cindy feels strongly that the benefit of this project is multifactorial:

- to provide quality health care every 6 months to people who without it would have little or none
- to demonstrate to students the value of hands on medical skills
- to strengthen commitment to transdisciplinary team work
- to help us all become more responsible neighbors and citizens of the world.

## **Daniel Wendel, RN – Equipment Manager**



Daniel, a graduate of University of So Maine, is working as an RN with the Visiting Nurses Association at Home, Health and Hospice. He went to nursing school with an interest in public health and a hope to be able to work internationally as a nurse in developing countries. He has been to Kenya once and hopes to return. Dan joined the Dominican Republic health care mission in 2006 and now goes every 6 months, thus has been on this trip many times. He has served on the PRHDR Board for several years.

## Pat Patterson, MD



Winter trips '06,'07, '09, '10, '11 and summer trip '07

Pat is a Pediatrician at the Barbara Bush Children's Hospital at Maine Medical Center and Assistant Professor of Pediatrics, Tufts Medical School. Since her initial trip in '06, she has shared the experience on subsequent trips with her sons Ryan and Brady, as well as her husband, Rodger. Pat particularly appreciates the opportunity to combine teaching and patient care in the international setting to a needy population. The group's focus on preventative health and continuity of care through its return visits every 6 months have been major factors contributing to the rewarding nature of this work for Pat year after year.

## **Carol Eckert, MD**



I have been a family doctor in a rural health center in a small central Maine community for more than 25 years, having come here from the New York area. My special interests are women's health, environmental and occupational health, public health and health access. Recently I completed an MPH program through UNE. I have been on the DR trip 4 times beginning in 2004 as a clinical provider and mentor and have taught some NP students in my home site as well. The trip rejuvenates my desire to practice medicine simply without the impediments of our current US system. My adult children have both been on this trip, but this will be my first time solo and in the summer.



## Mary Berg, PT



I am Physical Therapist and have over 35 years experience in acute care and sub acute care, practiced at all level of care in large and small medical centers and have seen traumatic injuries, complicated surgical cases, vascular disease and complications of diabetes. I have worked with all age groups and love working with people, contributing to their wellbeing.

2008 was my first trip to the DR. I felt fulfilled and appreciated, knowing I had contributed something to the education of nursing students, AT students, as well as giving education and treatment to the population of residents with whom I come in contact is enriching. The pace is frenetic and exciting. Working with an enthusiastic staff, critically thinking of how to make a situation productive with limited resources and time is challenging. Villagers welcoming us with pride and thankfulness is joyful. Going into homes, sipping on sweetened coffee as one hears the stories and accepts the compliments, all the while figuring what it is that can be done to make an impact on lives deprived of simple medical care.

## Marcia Chaffee



Marcia has over 30 years of professional experience working with non-profit organizations. After teaching ESOL to adults for many years, she was the Director of Education Services for 16 years at the International Institute of Boston, a multi-service agency that assisted newly arrived refugees and immigrants. She has contributed to several teacher training publications and curricula, and served on the Board of Directors with the Massachusetts Coalition of Adult Educators and on the Community Advisory Council for Boston adult learners. She continues as a consultant for non-profit programs and volunteers at the Immigration Legal Advocacy Project in Portland. She is a member of the Washington County Advisory Board with the Maine Community Foundation.

Her international volunteer work has been in helping to create a library and literacy program in rural Tanzania, and with PRHDR, which she first joined in January 2005. She feels privileged to have been part of the mission of PRHDR, bringing health care to underserved remote areas, and participating in the richness of the cross cultural experience for nursing students, volunteers and villagers. The teamwork and dedication of everyone involved has been a source of inspiration and commitment to her continued participation, both as a volunteer now on her fifth trip, and as a member of the PRHDR Board of Directors.

## Rebecca Marvil



Rebecca is originally from Puerto Rico and currently lives in Houston, Texas where she is a free-lance documentary producer.

Rebecca earned her B.A. in geology from Earlham College and her M.Sc. in marine geology from Brown University. Although she began her journalistic career as a science writer and a producer on science documentaries, Rebecca has worked on historical, cultural and children's projects as well. Rebecca has worked all over the world in the last twenty years but is especially fond of the children's television programs she made in Puerto Rico and the Dominican Republic.

Because of her cultural and family ties with the Spanish speaking Caribbean, Rebecca feels it's an honor and duty to be a volunteer interpreter with PRHDR.

## Joseph Sorbello, PA



Joseph has been participating in the program since 2005. He attended the Physician Assistant program at King's College in Wilkes-Barre, Pennsylvania and did post graduate training at the Mayo Clinic in Rochester, Minnesota. He has an extensive background in Critical Care, Emergency Medicine and Cardiothoracic Surgery. He is currently working for the Joint Replacement Center at Orthopedic Associates in Portland, Maine. Joseph finds tremendous satisfaction in participating in the Program and looks forward to annual missions to Lajas.

## **Patricia Ingwerson – Assistant Safety Officer**



Patricia Ingwersen is a Hispanic Studies Major at The University of Southern Maine. She is a native Mainer who currently works and lives in Portland. Patricia spent her junior year of high school as a Rotary exchange student Obera-Misiones, Argentina. She attended classes at Armadeo Bonapland Nacional.

Patty returned home and graduated high school in 2001. From 2002-2004 Patricia studied French at L'ecole Migros in Geneva, Switzerland and worked as a live-in nanny for three young children. She has studied in Spain at Universidad de Santiago de Compostela, as well as at Pontificia Universidad Catolica de Valparaiso in Chile. She has traveled extensively throughout South and Central America.

Patty joined Partners as a student interpreter in January 2008 and since then has been volunteering as an interpreter and more recently has also served as the Assistant Safety Officer. She will be attending the July 2010 trip as a volunteer interpreter. As a member of the fund-raising committee at PRHDR, Patty will continue to involve her local community in future PRHDR efforts. She is passionate about supporting efforts which promote community health on a global level.

## **Mike Dalious**



Mike, a former Peace Corps Volunteer, first connected with PRHDR in 2008 while visiting friends in the Dominican Republic. Since then, he has returned twice to serve as an interpreter. Mike holds a degree in International Development and currently directs a non-profit research organization called Invest in Knowledge in Zomba, Malawi. Though he lives abroad and supports developmental research, he still looks forward to this year's trip to the DR. To him it is an excellent opportunity to connect personally with the beneficiaries of a very noble and effective humanitarian program.

## Tom Leeson, MD



Tom Leeson D.O. is an osteopathic family physician at the Dartmouth Hitchcock Medical Center Community Health Center in Lebanon, NH. Tom is married to Anne Jones-Leeson D.O., who both volunteered as providers on the PRHDR Winter 2011 trip. They have also worked internationally in Port au Prince, Haiti in May 2011 with a team of physicians from Maine. Tom has worked as a rural Emergency Department physician at Maine General Medical Center in Augusta and Waterville, and the Jackman Regional Health Center in northern Maine. In addition to primary care, he currently teaches first year medical students at Dartmouth Medical School, enjoys cooking, volleyball, and his new hobby: fly fishing.

## Danielle Lutz, RN



I'm Danielle Lutz, RN and experienced in pediatric hematology/oncology and currently working at Maine Medical Center's busy ER. I came on this trip as an RN student summer 2004 and fell in love with medical outreach work. You probably have heard this before but once you go---you will never be the same. I'm excited to be here with all of you to work hard, get muddy, take cold showers, and sip El Presidente's on the veranda after a hard day of service.

I love to hike, camp, snowboard, and of course, shop. I bought a house this spring and my extra pesos go to fixing it up. I'm learning to swing a hammer, drive a bobcat, and haul rock. I'm here with a few coworkers and am excited to get to know all of you.



## **Alicia Greenwald, NP**



Alicia Greenwald is a nurse practitioner who has been working at Martin's Point Health Care in Portland Maine since 1995. She has worked in medical field for over 35 years, starting as a medical assistant for the first 17 years of her career, and then became a registered nurse in 1993, graduating from the University of Southern Maine with a BSN. In 1998 she earned her MSN from Simmons College and became a nurse practitioner. She worked in primary care for the first seven years of her career as a family nurse practitioner and since 2006 Alicia has specialized in diabetes management and patient education in her career at Martin's Point and has been known there as "The Diabetes Queen" . She is passionate about teaching patients and their families the skills and knowledge they need to manage their diabetes and other chronic diseases. Alicia also works per diem in the healthcare clinic at Martin's Point in both family medicine and internal medicine practices where she enjoys practicing her primary care skills.

This will be Alicia's second year as a volunteer (provider), serving the first time in January 2011. She enjoyed the teaching, learning and experience of being in a different environment where she could make a difference. And, she looks forward to organizing another early morning yoga group!

## David Gudisman, BSN, RN



David “Goody” Gudisman, BSN, RN, is a recent USM graduate. He went on his first medical mission last year as a student and joins us this year as a mentor nurse. He has travelled extensively in the US and abroad and finds himself at home wherever there is good laughter and home-cooked food. He lives in downtown Portland and works on a skilled unit at Falmouth by the Sea nursing home. One of his other homes is in Vermont, where he lived for 24 years, “alpine skiing as a lifestyle” and making fleece clothing. Mountain and road biking, yoga, reading, traveling and motorcycling are a few of his favorite things to do in life.

## **Skip Green, LPN**



Skipp Green spent fifteen years as a volunteer EMT for a local rescue service, which led him into nursing. He worked for ten years with dementia patients, and the past four years as a prison nurse. Ever since he spent two weeks in Honduras with a volunteer group after a landslide, he has been hoping to join the PRHDR group. He enjoys hiking and traveling, and spending time with his four grandchildren, and he plays a mean blues harp.

## **Judy Green**



Judy Green has a degree in linguistics (although she studied German and Chinese instead of the far more useful Spanish), and is currently a Literacy Volunteer teaching ESOL and basic literacy to adults. She spent thirty years as the Director of Adult Education for the Oxford Hills School District, but has since retired to become a full-time grandmother, while hiking, traveling, and writing mystery novels on the side.

## **Pete Croft, MD – Emergency Medical Resident**



Pete is currently an Emergency Medicine resident at Portland's Maine Medical Center. He attended the University of Virginia, majoring in English, then traveled to the midwest to complete medical school at The Ohio State University. This will be his first volunteer medical experience abroad, having at this point only participated in programs in the US, most notably a cross country cycling trip for the 2010 Ride For World Health team.

## **Rebecca Brakeley, MD – Pediatric Resident**



Rebecca is a graduate of Middlebury College in Vermont and University of Vermont College of Medicine. She is now in her final year of pediatric residency at Maine Medical Center. She has a special interest in sports medicine having competed in athletics through college. Becca still enjoys being active with pick-up basketball and salsa dancing being two of her favorites. This will be her first trip with PRHDR and is looking forward to the adventure!

## **Andrew Jones, MD – Internal Medical Resident**



I am a current fourth year resident in Internal Medicine and Pediatrics at Maine Medical Center. I have traveled abroad for several combined Spanish language learning and medical service trips, including with Amerispan in Costa Rica in 2003, the Cacha Medical Spanish Institute in Ecuador in 2006 and the Dominican Republic with UMass in 2007. I also completed fourth year electives at the Young Children's Health Center in Albuquerque, NM working with the children of Mexican immigrants, as well as Advanced Wilderness Life Support in Utah with UMass in 2008. I enjoy particularly working with school-aged children and young adults and will be pursuing a career in primary care for adults and children. Outside of medicine, I am an avid hiker and also enjoy road cycling, rock climbing, camping, kayaking, skiing and snowshoeing. This will be my first trip with PRHDR.

## **Seinin Bergman, RN**



Hi, my name is Seinin and I am a recently graduated Nurse from the University of Southern Maine. My first trip to the Dominican was as a USM nursing student in July of 2010. The experience was unbelievably personally enriching. The PRHDR program, its leaders and volunteers gave me inspiration, and changed the way I approached my nursing practice and personal life. I am currently a Medical Surgical Nurse at Miles Memorial Hospital in Damariscotta, Maine working with patients pediatric to older adult. Since my first experience in the DR, I returned on the January 2011 trip, making this my third mission with PRHDR. It is an honor and a privilege to be returning and caring for the people of Lajas and surrounding villages. In my free time I love to travel, run and practice yoga. Someday I hope to work as an internationally traveling nurse, and to be involved in more medical missions overseas.

## **Jennifer Bonn, RN**



My name is Jennifer Bonn. I am a registered nurse currently working at Maine Medical Center in the float pool. I graduated from the University of New England nursing program in 2005. This is my first trip with Partners for Rural Health, and my first volunteer experience overseas. I am looking forward to being part of this program.

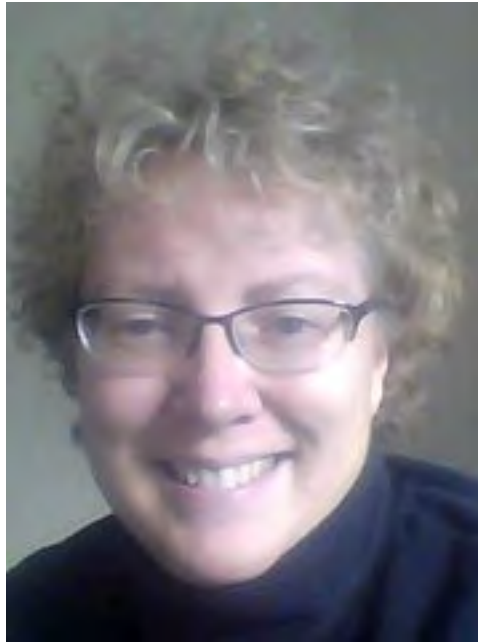


## **Karen Yencha, LPN**



Karen, a Licensed Practical Nurse for 30+ years, has been employed in both rural and urban settings. She has worked with children and adults in many walks of life. She has cared for children with severe asthma and immunological complications to internal medicine care of adults. Karen worked for several years in the field of ophthalmology. It was during this time that she participated in a mission trip to Guatemala with Project Guatemala to aid and assist with general eye health as well as cataract surgery. Her love of a steady and strong yoga practice brings stability, strength and optimism into her life. It is her strong desire to share all of these qualities with those in need as well as those she works with.

## **Jennifer Sullivan, RN-BC**



Jennifer Sullivan, RN-BC, first traveled to the Dominican Republic in 2008 as an undergraduate nursing student at the University of Southern Maine. Currently a nurse in the emergency department at St. Mary's Regional Medical Center in Lewiston, Maine, she is now a graduate student in USM's family nurse practitioner program. She also earned a bachelor's degree in journalism at the S.I. Newhouse School at Syracuse University.

## **Kelly Nesbitt, OT**



Kelly, is an Occupational Therapist who has been working in the areas of home health, acute, and skilled nursing facilities for the past 12 years. She lives in Portland, Maine. In addition to working in health care, she also has a background in performance arts, such as physical theater, clowning, and music. Kelly has been involved in the Portland arts community organizing various events over the past decade. Kelly has experience traveling and performing throughout Spain, France, Ireland, Slovenia, and Andorra. She has participated in two Spanish immersion programs in Seville and Granada, Spain and holds an intermediate level Spanish certificate. This would be Kelly's first trip to the Dominican Republic and doing such outreach work!

## **Kelley Scholl**



My name is Kelley Scholl and I am currently a Junior at the University of Delaware, where I am studying Biology and Sociology. I am most interested in the politics of healthcare and healthcare policy. When not in the library, I enjoy running, yoga, and anything that involves being outside and with friends!

## **Caroline Slawiec**



Caroline is a recent graduate of the University of Southern Maine. She holds a Bachelor of Science in Health Sciences with a minor in Holistic Health and will be pursuing a master's degree in Rehabilitation Counseling in the fall of 2012. This is Caroline's first trip.

## **Hana Smith**



I am a 26 year old Public Relations professional working and living in Boston. I grew up all around the U.S. and the world but most recently called Vermont home before moving to Boston to go to Northeastern University. I love to travel and do it often. I have heard about this trip from the lovely Dr. Pat Patterson for many years and am very excited to finally have a chance to be a part of it.

## Daniel Hargreaves



My name is Daniel Hargreaves and I currently operate a seasonal restaurant, driving range and miniature golf course in Auburn, Maine. I graduated from the University of Vermont in 2002 with a degree in Geography. I have traveled extensively in South America including 4 six-month stays in Brazil. It was in Brazil where I met my wife, Ellen, who is in her 3<sup>rd</sup> year at USM's school of nursing. I speak fluent Portuguese and am looking forward to helping the citizens of the Dominican Republic. This will be my first visit to the island.



FACULTY/LEADERS



## **Whitney Lutz, PNP – Faculty, Trip Leader**



Whitney Lutz is a Pediatric Nurse Practitioner with over 25 yrs. experience working with children in hospitals and primary care settings. She taught at the University of Southern Maine for 5 yrs, participated in multiple Dominican Republic trips and continues to help lead trips to the DR focusing on pediatric nursing. "Nursing opens so many doors in the international arena and helping those in greatest need is why I went into this profession." Whitney has participated in medical trips to Tanzania, Mexico, Peru, and recently Haiti. Currently, she works full time in private practice at Waterville Pediatrics in Maine. "This international service learning program is so vital, not only to the Dominicans we serve, but to the nursing students immersion experience into providing primary healthcare in a developing country. Once you experience it, you can't help but come back again and again!"

## **Jean Burton, NP – Faculty, Trip Leader**



I first attended the program in 1997. It was an accelerated, condensed and improved version of my Peace Corps Micronesia adventure, 10 years earlier. I have since returned in roles of student, faculty, volunteer provider, and team leader, five times with my daughter Abby, who is interested in international health and medical interpreting. I currently work as a psychiatric NP in Portland. The blend of students and volunteer providers is always inspiring and refreshing. I look forward to seeing old friends and making new friends on each mission.

## **Lois Tiedeken, ANP – Faculty, Team Leader**



Lois is an adult nurse practitioner, working in Internal Medicine/Primary Care in Portland with a focus in Diabetes, Care Management, and Women's Health. She first traveled to the Dominican Republic with USM when she was a graduate student at Simmons College in 1997, and returned several times as a volunteer before joining the USM faculty in 2009. She is proud to have been part of this unique program for 15 years. Lois enjoys the opportunity to witness and guide students and volunteers through this transformative experience, and is grateful for the deepening relationships with her Dominican and program friends and colleagues.

Lois lives with her partner, Jeff Nagle, and son, Emmett on Peaks Island. She enjoys boating, gardening, shelling, sports, dancing, and beautiful Maine with her family and friends.

## **Ben Towne, MA ATC – Faculty, Lead Safety Officer**



This is Ben's tenth mission to the Dominican Republic. He has treated a variety of athletes at the recreational, high school, collegiate and Olympic level. He has ten years of experience educating undergraduate students and providing athletic training services to the physically active. Ben immensely enjoys working with interdisciplinary health programs and promoting the athletic training profession. He currently leads students twice yearly to the Dominican Republic for an International Service Learning Course and also serves as an athletic trainer for the U.S. Bobsled and Skeleton Teams, traveling regularly around the globe. He most recently provided medical coverage for the 2011 World Championships in Germany, and on the World Cup Tour in Austria and Italy this past November. He also serves on the International Committee for the National Athletic Trainers Association. He has presented at the state and national level on International Service Learning in Athletic Training Education. He was voted the 2011 USM Outstanding Faculty Award and was also a recipient of the 2011 Harvard Award for Service Learning Excellence. Ben earned his MA at Western Michigan University and a BS at Lyndon State University in Lyndonville, Vermont.

## Janice Jaffee – PHD – Faculty, Interpreter Leader



Janice Jaffee has been a professor of Spanish and Latin American Studies since 1988, and began interpreting, for Latin American refugees seeking asylum in the United States, when she was a Ph.D. student at the University of Wisconsin in the 1980s. At Bowdoin College and USM she has taught translation courses and supervised students in translating documents for the Hispanic immigrant communities in Maine. She also teaches the Basic Skills of Interpreting course to immigrants for the United Way's Language Access for New Americans program.

She deeply admires the dedication of the USM nursing students and health care professionals associated with PRHDR, and is honored and humbled to have the opportunity to interpret for them in their work with our Dominican patients. Janice also loves supervising students of Spanish as they practice and enhance their interpreting skills. She looks forward to returning to the D.R. in January to greet old friends and meet new ones in the villages where PRHDR works.