



**WINTER 2013**

## Winter 2013

### PROVIDERS AND MENTORS

Mary Berg, OT  
Laura Blutstein, MD  
Jean Burton, NP  
Laurie Eddy, FNP (*not pictured*)  
Skip Green, LPN  
Alicia Greenwald, NP  
Andrea Hess, RN  
Nuala Kavanaugh, NP  
Katherine Korniotis, RN  
Tom Leeson, DO  
Whitney Lutz, PNP  
Lucas McDonald, RN  
Pat Patterson, MD  
Cindy Robertson, MD  
Madeline Rockey, RN  
Joseph Sorbello, PA  
Lois Tiedeken, NP  
Ben Towne, MA ATC  
Daniel Wendel, RN

### INTERPRETERS

Susannah Higginbotham - Interpreter  
Patricia Ingwersen - Interpreter  
Janice Jaffe - Lead Interpreter  
Victoria White - Interpreter

### SUPPORT

Kim Derby - Door  
Judy Green - Intake  
Christine Ingwersen - Intake  
Michael Leeson - Door  
Kathleen Stephens - Intake  
Ginny VanDyke - Intake

### FACULTY AND TRIP STAFF

Jean Burton, NP - Trip Leader  
Laurie Eddy, FNP - Faculty (*not pictured*)  
Patricia Ingwersen - Safety Officer Assistant  
Janice Jaffe - Faculty, Lead Interpreter  
Whitney Lutz, PNP - Trip Leader  
Lois Tiedeken, NP - Trip Leader  
Ben Towne, MA ATC - Safety Officer  
Daniel Wendel, RN - Equipment Manager



## **VOLUNTEERS**

## Mary Berg, PT



I love challenges and thinking outside the box! As a Physical Therapist, this will be my 4th trip in as many years. I come with experience in acute, subacute and OP areas of health/rehab care. Practicing for 40 years, I have worked with all age groups. The past 30 years have been in the Portland area. Team approach in delivering care in the DR is unique, with students experiencing the culture and practicing their skills. Challenges with limited resources and time are approached with collaboration and critical thinking. Villagers greet us with great pride, are full of thankfulness and joyful for the care we are able to provide. Laughter is key! The organization of PRHDR is unique and I am thankful that I can share in the delivery of medical care with such dedicated and loving people!

## Laura Blutstein, MD



Laura Blutstein became passionate about international travel as a teenager on a youth hostel trip to Haiti and Jamaica. What sparked her interest in third world health and culture was when her exchange student year in Australia included a 6 week “winter break” living with a family in Central Java, Indonesia. She has also traveled extensively in South America.

She majored in medical anthropology as an undergraduate at the University of Pennsylvania, and earned a masters in regional planning, with an interest in public health. She graduated from George Washington University School of Medicine in 1986, and completed her residency in family practice at the Maine Dartmouth program in Augusta, Maine in 1991.

Laura was a family practice doc in Gardiner, Maine, for 9 years before moving to Portland, Maine, where she has continued in family practice since 2000. She has been a preceptor to medical and nurse practitioner students both in office and residency settings. She has felt privileged to be part of her patient’s and student’s lives. In 2011, she was honored to receive the Martin’s Point Health Care Edward Morse award for clinical excellence.

Most of all, she is excited for her first chance to be part of the PRHDR team in January 2013. Laura is looking forward to getting back to her interests in international health, culture, teaching, as part of this energetic, and dedicated team of good citizen-ambassadors.

## **Skip Green, LPN**



Skip 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.

## **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.

Alicia's first trip with PRHDR was 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!

## **Andrea Hess, RN**



Andrea graduated from Sault College in 1994 in Canada. In 2004 she obtained her BSc in Nursing and a minor in Occupation Health from the University of Hawaii in Hilo. Andrea has worked in small hospitals as well as a Level I Trauma Center. Her primary nursing skills have been in the emergency room, home health, and employee health. Andrea loves to travel and experience other places and people. She loves to learn and is always looking for opportunities to enrich herself. She is currently pursuing a degree in Kinesiology and Health promotion. In her spare time she is an avid outdoors person, who especially enjoys the challenges of ultra running and dreams of doing an ironman.



## **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.

## **Katherine Korinotes, RN**



Katherine was a nursing student at USM and graduated in May 2010. She has a particular interest in midwifery, women's health, and holistic care. She traveled to the DR for her nursing partnership in August 2009 and is thrilled to be able to return in January as a volunteer. Katherine believes that this trip is a uniquely significant opportunity, both for those receiving health care and those delivering it. Together, PRH and these rural communities become part of a larger mission: an act of humanity.

## Tom Leeson, DO



Tom Leeson DO is a graduate of the University of New England College of Osteopathic Medicine, working currently as an emergency medicine physician at Gifford Medical Center in Randolph, Vermont, and as assistant professor of Community and Family Medicine at the Geisel School of Medicine at Dartmouth. He also moonlights in the ER at Maine General Medical Center in Augusta and Waterville, Maine. The Winter 2013 PRHDR trip will be his 4th effort helping to bring primary care, minor surgery and osteopathic manipulation to the Dominican Republic, and is thrilled to be sharing this trip with his brother Michael, who will be joining the trip as well.

## Lucas McDonald, RN



Lucas will be serving as the trip's Assistant Safety Guy, and lives his life by the motto "Safety First!" He graduated in December from USM's Decelerated Nursing program and is very excited to be done with school for a wee bit. He went on the last two trips, and loves his time in the D.R.. He has a previous degree in International Studies and a long history of being an international man of mystery. He envisions a future which combines his interests in international development and community health nursing.

## **Pat Patterson, MD**



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.

## **Cindy Robertson, MD**



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 (pictured above, 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.

## **Madeleine Rockey, RN**



Madeleine Rockey is a registered nurse currently working at Fox Chase Cancer Center in Philadelphia, PA. Previously, she worked at Maine Medical Center and volunteered as a USM student with PRHDR in January 2011. She is excited about the work PRHDR does and is grateful for another chance to work with such an inspiring group.

## 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.



## Susannah Higginbotham



Susannah Higginbotham is a sophomore at Sweet Briar College in Virginia, where she studies ancient and modern languages, and is a leader in the Outing Program. She first began learning Spanish in the sixth grade when she lived and attended school in Madrid, Spain for a year. She has been studying the language ever since, and has traveled to Spain several times, but this will be her first time in the Dominican Republic. She is very much looking forward to helping PRHDR as an interpreter, and to getting to know another Spanish-speaking culture.

## **Victoria White**



Torie White is a potential film and writing major in her freshman year at Wesleyan University. She grew up in California, but spent seven months living in Ecuador with her family at age 12. She enjoys backpacking and being in nature as much as possible. Torie is also a huge fan of the arts and aims to capture her experiences abroad through some form of artistic expression.

## **Kim Derby**



Kim Derby is a pre-med student at USM and works as an organic chemistry TA. She has been to the DR before, but never on a medical mission trip. After hearing about the PRHDR trip last year, she is excited to finally be able to go back to the DR as a volunteer! After graduating, Kim hopes to go on to medical school and eventually use her skills as a doctor to help people in developing countries.

## **Judy Green**



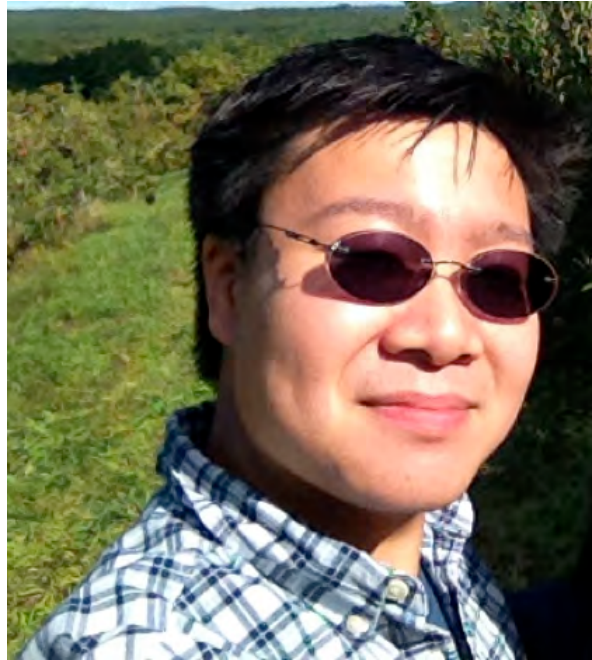
Judy Green has a degree in linguistics (although she studied German and Chinese instead of the far more useful Spanish), and is currently a Literacy Volunteer teaching ESOL and basic literacy to adults. She spent thirty years as the Director of Adult Education for the Oxford Hills School District, but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

## **Christine Ingwersen**



I am a papermaker and a collage artist. Much of my recent work has been a series of views of women in poverty and war... not such big sellers but far more important to me. I am also a landscape gardener and have run several greenhouses. I am also the mother of 3 adult daughters. My youngest Patty has convinced me that I can be an asset to this trip. I have also lived in the bush in Northern Ontario in some of the same living conditions as our hosts in the DR. I'm not afraid of hard work and look forward to working with everyone on this trip. I also hope to get inspiration for my art.

## **Mike Leeson**



This is Mike's first time volunteering with the PRHDR! After graduating from UMASS Amherst in 2009 with a Masters Degree in Microbiology, he began working in a lab at the Broad Institute. Today he works as a Research Associate at Metabolix, Inc. in Cambridge, MA developing technology to make renewable biodegradable plastics.

In his spare time, Mike enjoys helping out his family (especially by spoiling his four-year old nephew) and volunteering in the local community as a mentor for Big Brother Big Sister.

Mike is excited to help make a difference in the international community and can't wait to meet everyone he will be working with!

## **Kathleen Stephens**



I am Kate Stephens from Maryland. I am married with 3 college age children. My sister, Dr. Pat Patterson, has invited me to join her on the Dominican Health Mission. My formal training is in economics but I have done a wide variety of both paid and unpaid work. I am currently a volunteer with the primate program at the National Zoo in Washington DC and a substitute teacher in the local public school system. I have lived and traveled overseas extensively, sometimes off the beaten path. I am very excited about being able to contribute my time and effort to such a worthwhile cause.

## **Ginny Van Dyke**



I retired from teaching 2 years ago and that winter I experienced my first trip to the DR with PRHDR at which time I discovered a love/hate relationship with the medical records. I am looking forward to this year's return. My current passion is travel and I have made a pretty good job of it: hiking trip in Romania, boat down the Amazon, safari in Tanzania and after this trip to the DR Cuba and a walking trip in Wales are on the horizon. Who knows what will be next - I am open to suggestions.





## **FACULTY AND TRIP STAFF**

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



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.

## Patricia Ingwersen – Safety Officer Assistant



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 first joined Partners as a student interpreter in January 2008. As head of the fund-raising committee and a Member of the Board of Directors for 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.

## Whitney Lutz, PNP – Team Leader, Faculty



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!”

## Janice Jaffe, PHD – Lead Interpreter



Janice Jaffe 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.

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



Lois is an adult nurse practitioner, working in Internal Medicine in Portland with a focus on 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. Lois is pleased to be part of the adjunct faculty, enjoying her increased interaction with students as well as more involvement with community leaders. She is proud to have been part of this unique program for over 13 years.

Lois is grateful for her family and friends who join with her to enjoy boating, gardening, yoga, shelling, baseball, dancing, the Patriots and the comfort of her home on Peaks Island.

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



Ben joined in 2007 and has been on six previous missions to the Dominican Republic. 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 also serves on the International Council for the National Athletic Trainers Association and is active in the World Federation of Athletic Training & Therapy. He has presented at the state and national level on International Service Learning in Athletic Training Education. He was the recipient of the 2008 USM Faculty Service Award, and was also awarded the 2008 Mike Linkovich Grant and the 2009 OA Centers for Orthopaedics Professional Scholarship Award. Ben earned his MA in Physical Education at Western Michigan University and a BS in Sports Medicine at Lyndon State University in Lyndonville, Vermont.

## **Dan 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.