

Winter 2010

VOSH

California

Volunteer Optometric Services to Humanity

VOSH/California Mission to El Salvador

By Greg Pearl, OD, VOSH/California

Clinic Dates: November 22-29, 2009

Location: El Salvador

Partner: 5 students, 3 Optometrists, 2 volunteers, FUDEM

Patient count: Over 2,000 patients

Donation: Over 700 prescription glasses & nearly 400 readers



FUDEM volunteer examining child in El Salvador.

Three optometrists, Dr. Greg Pearl, Dr. Diane Williams and Dr. Jane Le (from Australia), five SVOSH/SCCO optometry students, Dorothy Lea, Elise Swanson, Mariah Smith, Stephanie Johnson and Paul Kwon and two optometrist's spouses, Marion Pearl and Don Williams worked with a team of two FUDEM.

Based out of a hotel in San Miguel, the team travelled each day to a different village and set up our FUDEM/VOSH clinic in a school or other public building. We screened 2,058 patients in five villages and then examined and refracted 1,879 of them using trial frames and portable phoropters on tripods. Reading glasses were immediately dispensed to 390 of the patients and orders were taken for 756 new custom single vision and bifocal lenses which are made at the FUDEM optical lab for dispensing later. FUDEM has a clinic in San Miguel which is staffed by an Ophthalmologist and an Optometrist so 417 patients were referred to that clinic for further consultation. Those patients needing surgery will then be transported to the FUDEM surgical clinic in San Salvador.

While in La Union, the El Salvadorian Navy took our team on an afternoon cruise in the Bahia La Union aboard a patrol boat. We also enjoyed visiting the National Art Museum in San Salvador, shopping for souvenirs and an afternoon at a beach club before returning home to California.

I would highly recommend any VOSH team interested in working with FUDEM (see fudem.org) to contact them and ask to join their ongoing rural vision campaigns. FUDEM is very well organized and will take care of all food, lodging and van rental arrangements for your VOSH team.

OUTREACH IN KENYA

By Darol Bonander, O.D.

In 2005, a left behind Optometry-related skill set, some basic tools and eyeglasses became the groundwork to begin an outreach in Kipkaren, Kenya. Empowering Lives International, ELI, was the host ministry. ELI already had a health clinic that met medical needs such as hypertension, diabetes, malaria, HIV intervention, etc, and dental. Eyecare would be a new and welcome addition.

A Kenyan, named Julius Kemboi, had a heart to learn and take on the eyecare baton. He is now providing eye care to his people in the Kipkaren area. LightHouse for Christ in Mombassa, Kenya trained Julius with skills in refraction and as an optician. Each of these is a six month intense training course. Julius has learned well! Also, Dr. DeAnn Fitzgerald and myself have taken teams to foster growth in Julius and the eye care delivery system in Kipkaren.



Left to right: Julius Kemboi & Dr. Darol Bonander

Kenya. Future trips are anticipated with further training including basic pathology training to come. Please feel free to contact me if any should be interested in joining. **Contact E-mail: dr_darol@sbcglobal.net**



Julius Kemboi, meticulously adjusting trial frame

The latest team left Kingsburg, CA in July 2009 bringing supplies that Julius and the eye clinic needed to more efficiently deliver eye care. Some of these supplies were donated by VOSH/CA and included a trial lens set, trial frame, retinoscope and ophthalmoscope as well as an optometry textbook, Primary Care Optometry by Grosvenor and the Dictionary of Visual Science. Julius was thrilled and ready to enjoy sharing the benefits of these optometry tools. Thank you California VOSH for your contribution!

Currently, Julius regularly provides refractions, edges uncuts, and dispenses to a very underserved area. His supplies are partially subsidized and the clinic is sustainable. Now, eye care is available and affordable to this region of



Patients sit in line for their eye exam.

GIVING THANKS IN VENICE, CALIFORNIA

On the Monday before Thanksgiving, SCCO students joined Dr. Barry Leonard along with other Optometrists and Opticians to take part in a VOSH vision screening in Venice, California.

Though not an international trip, students were surprised to see how much of a need there was right in our own backyards -- especially now that Medical no longer covered vision care. Lines had formed well before we arrived and patients were grateful to be provided with such an opportunity to get their eye checked and corrected.

Clinic Dates: November 26, 2009

Partner: Dr. David Eldridge, Dr. Barry Leonard,
Dr. Thuy Pham, & 15 SCCO students

Patient count: ~200, including 8 pathologies

Donation: 96 custom-prescription glasses

59 OTC reading glasses



SCCO students pretesting a patient.

Personal Accounts

By Julia Lee, SCCO Class of 2013

As a 1st year Optometry school student with only a quarter of school underneath my belt and no experience with vision screenings, I didn't think that I had anything to contribute to the community. However, my volunteer experience with VOSH at a site in Venice, CA proved otherwise. I was able to take visual acuity measurements as well as use the auto-refractor on the participants. What stuck out to me most was working in the optical dispensary area with the seasoned optician. Not only did the optician teach me a few techniques about taking measurements to fit glasses on patients properly and even about being a future optometrist, but I also got to take part in the excitement when men and women whom we were serving got a new pair of glasses! Through the generosity of doctors and donors, we were able to dispense brand new glasses for free! From lighting up a face through the giving of reading glasses to sharing a patient's



thrill for choosing a desire frame that would be made into glasses that fit their prescription--it all gave me a glimpse of the effects such a vision screening event can have on the people it serves. So for the continued impact VOSH can have either in the local communities or beyond, I am excited to deepen my involvement in the future!

By Rebecca Delshad, SCCO Class of 2013

I learned so much in that single day from the Optometrists, Opticians, and 3rd year students! It was a very rewarding experience and I came away with much more than I expected. We took visual acuities with charts and auto-refractors. The second years performed refractions and the third years did pathology and special cases. We saw patients with severe glaucoma causing blindness who can no longer afford treatment and another with Histoplasmosis. We were able to see these cases first hand through teaching mirrors and learn about the diagnosis, causes, and treatment. The third years also taught me how to use an ophthalmoscope and slit-lamp. After patients were measured for a prescription we helped them choose frames and learned how fit it to their pupillary distance. I'm glad I was able to help out in such a great cause and furthermore I'm sure that my classes will be a lot more applicable and fascinating after such a

By Ramon Merino, SCCO Class of 2012

I was pleased to have had the chance to help out during the VOSH vision clinic in Venice, CA. It was rewarding to have been a part of the team that provided vision care to hundreds of people that would otherwise likely continue to go without. It was also a reminder that the lack of basic eye care services is not a problem that is limited to other parts of the world but also exists closer to home. The patients were genuinely grateful and happy to have us there and for me that was the best part of my experience. Knowing that I've had positive impact on people's lives is a great feeling and the reason that I will continue to be involved and volunteer with VOSH in the future.

Interested in becoming a member, or participating in a teleconference?

Contact: Shirley Hong, O.D (shongOD@gmail.com) / Julie Forister, O.D. (juliefy.vosh@gmail.com)

Upcoming Trips:

2010 – Recruiting

Date	Location	Trip Leader Contact	E-mail
Jan 8 – 16, 2010	Peru	Scott Bartlett (UCB SVOSH)	vosh.president@gmail.com
Dec 27 – Jan 10, 2010	Vietnam	Scott Bartlett (UCB SVOSH)	vosh.president@gmail.com
Feb or March 2010	Costa Rica	Dr. Krasnow	shongod@gmail.com (VOSH-CA)
May 22–30, 2010	Buenos Aires, Argentina	Dr. Brussi	shongod@gmail.com (VOSH-CA)
Aug 5 – 11, 2010	San Juanico, Mexico	Ms. Deb Wright (VOSH-CA)	deborah@wrightmedia.com

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Donate Today

Your tax-deductible donations can help provide funds for student travel on SVOSH trips and support VOSH vision screenings abroad. We also have a donation collection location for Optic/ophthalmic text books and functional exam equipment for a new Optometry school in Mexico.

Interested in Leading?

- Flying Sam (Baja, CA)
- SEVA vision (Nepal/ Cambodia)
- Knows any organizations that may need vision screening help and would like to lead a trip? Let us know.

Board Members

Co-President	Julie Forister, O.D.	juliefy.vosh@gmail.com
Co-President	Shirley Hong, O.D.	shongod@gmail.com
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- BECOME A MEMBER OF VOSH-CALIFORNIA
- RENEW MY MEMBERSHIP
- MAKE A ONE-TIME DONATION: \$ _____
- DONATE to Student Travel Scholarship: \$ _____

INDIVIDUAL MEMBERSHIP: \$50 per year

* Please make your check payable to "VOSH / CALIFORNIA"
 Mail to: 14425 Chase St., Panorama City, CA 91402. Tax Receipts provided.