



HEAL THE SICK

and say to them
The Kingdom of God is at hand
Luke 10:9-10

MISSION DOCTORS ASSOCIATION

Following God's Call to Zimbabwe

Greetings to all of the Mission Doctors Association family! Sheila and I are at St. Theresa's Hospital in rural Zimbabwe and we feel safe, welcomed, and among friends. We have been helped at every turn in our transition by the Stoughtons who have been here for several years, the Dominican Sisters who run St. Theresa's Hospital, as well as many people at Mission Doctors Association. St. Joseph's Mission Church, a short walk away, has quickly become our spiritual home. The hardest part has been being away from our four daughters, Molly, Megan, Katelyn, and Bridget. They have, however, already shown themselves to be capable partners in our family's efforts.

It is good to feel like a student of medicine again, to read, to study, and to stretch professionally. The intimidation of leaving the comfort of a medical practice to enter a new medical world causes a very healthy pain. I have found that more of my medical training and knowledge have translated into this new world than I would have thought.



Sheila and Tim Cavanagh

The medical work at St. Theresa's Hospital is challenging but gratifying beyond anything I have ever done.

— Tim Cavanagh



Dr. Cavanagh with young patient, St. Theresa's Hospital Zimbabwe.

examination suggested that she had meningitis. As I unwrapped the spinal needle to do a lumbar puncture, I thought of the person half a world away who had donated money for the needle. As the nurse gave the dose of antibiotic that would treat the little one, I thought of the doctor who had hand-carried the antibiotics here. We are constantly reminded in the routine efforts of the day that we are a very small part of a large, committed family.

(please see CAVANAGH on pg 2)

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This newsletter is published annually. Additionally, an online newsletter is circulated quarterly by e-mail to those who have requested it. To request this newsletter, please drop a note by e-mail to: missiondrs@earthlink.net We will be happy to add your name to the list of those receiving our quarterly online newsletter. Of course, your names will never be shared with any other organization or business.

You are also reminded here of the personal face of illnesses such as AIDs and tuberculosis which afflict so many people in the world. I was making rounds on the pediatric ward last Sunday when a young child was brought in to be admitted to the hospital by his mother. Patients in pediatrics are seen in a small exam room with a table and two chairs which is away from the ward. This boy was about 5 years old and sat quietly on his mother's lap, leaning his head against her chest. He was admitted with a skin infection but also looked to be chronically ill. In talking with his mother, it was confirmed that he was suffering from AIDs. His infection was serious but probably not life threatening. I thought of all of the children in other exam rooms across the world, sitting on their mother's laps, and realized that there is really no such thing as a thousand children suffering from AIDs. There are only individual little boys, sitting on their mother's laps. It also gives me hope, though, because while I cannot do much for a thousand children, I can do something for this little guy. He is getting better thanks to the efforts of the hospital staff, and I am very much looking forward to seeing him during whatever time God grants him here.



Sheila Cavanagh
with newborn.

The medical work at St. Theresa's Hospital is challenging but gratifying beyond anything I have ever done. We have been associated with Mission Doctors Association for some years and have always felt a small, persistent calling to this type of medical work, but it was not until I retired that this calling became stronger and we realized that the time was perfect to make a real change in our lives. Sheila and I were talking tonight and I noted to her that I didn't feel like a retired physician. Being on call this evening, and having just returned from the hospital to see a woman who was having a bit of trouble with her labor, I felt justified in making that observation. I walked down the dirt road back to the house in the complete darkness of a rural African night and was reflecting on how my world at that moment was defined by the tiny circle of light from the pocket flashlight I carried. I happened to glance up and there, in front of me, was the Southern Cross Constellation. It is funny how God plans little lessons in life for us when we aren't expecting it. I looked back and forth from my little circle of light to the Milky Way painting a path across the sky to the Southern Cross and thought of the much larger circle of light which defines God's world. We cannot now imagine our life had we not responded to what we knew was God's call to work with MDA.

Sheila and I truly do feel that we are a small part of a large effort. We pray each day for you all, the MDA staff, the many friends and benefactors who remain faithful to this work, and for those physicians and their families who are feeling a call to this rewarding medical practice. We ask that you all do please keep us in your prayers.

God Bless,
Tim Cavanagh †



Young people in Cameroon working to fight HIV / AIDS.

Students See Hope in Cameroon

George and Carolyn Brannen, who served as members of MDA in Cameroon for four years, recently returned for six months to shepherd a program in conjunction with the University of Washington Medical School.

One of the Students writes:

Having never traveled to a developing country before I could not have anticipated the challenges involved in traveling from Seattle to Cameroon. We had a stop over on a small island called Malabo before landing in Douala that was supposed to last 30 minutes. However, this 30-minute stop over turned into 12-hours as we waited for the plane's engine to be repaired. While waiting, a flight attendant asked if there was a medical doctor on board. Traveling with another medical student from the University of Washington and a physician on his way to work at Shisong Hospital for a month, we quickly went to see what was wrong. A woman who was being flown home from a D.C. hospice began to have seizures. The three of us stabilized the patient until we arrived in Douala.

*The following day we had orientation and I was assigned to the operating room or "theatre." Prior to this trip I had spent a month rotating on the cardiothoracic service and had witnessed what some might consider **resource excess medicine**. To travel to a hospital that was extremely **resource limited** was truly a medical culture shock. The tour of the theatre demonstrated a limited supply of suture, a few oxygen tanks, and an anesthesia machine that lacked the complex monitoring systems. Similarly, the CT scanner that seems to be the US physician's diagnostic tool is never an*

It allowed me to observe and learn from the way medical problems are managed in a resource-limited environment."

—Tim McClure

(please see HOPE on pg 3)



Doctors and students in Cameroon come to share and to learn.

option and the only imaging available is x-ray and ultrasound. Clamps, not caudery, achieve hemostasis and there is no reassuring beep of the pulse oximeter. Instead the surgeon informs the anesthetist that the patient's blood looks a bit dark and asks if things are OK. When a woman came to the OR with a ruptured ectopic pregnancy the first thing the surgeon did was to grab a ladle and place the blood in a transfusion bag, I discovered that auto-transfusions are common place here. Although the supplies and options for patients are limited, the physicians I have worked with here are able to do a significant amount of good for their patients.

As a fourth-year medical student, my position was unique as I am not yet a doctor but have done all the requirements to be called one. It allowed me to observe and learn from the way medical problems are managed in a resource-limited environment.

Dr. Brannen is known as Shufai, a title of respect that places him in a position to be involved in the culture as an active participant not a simple observer. This ability to experience the culture reiterated to me that medicine is not just about drugs and surgical techniques, but also about a cultural awareness.

Dr. Brannen had said it would be "a life changing event." It has not only helped me mature as an individual but demonstrated that the best outcomes occur when there is a balance between both medicine and culture.

— Tim McClure †

MISSION DOCTORS SPEAKERS BUREAU

Would your group like to have a speaker share the work of Catholic Mission Doctors serving around the world?

These presentations can be tailored to meet the needs of your group and can include video, slides or PowerPoint presentations. Your group will learn about this organization, founded in 1959, and will be inspired by the stories of lives touched by our doctors serving in Africa, Papua New Guinea, Thailand, and most recently in Latin America.

This is an opportunity to learn how Catholic lay people are engaged in the healing ministry of our Church around the world that will help your group appreciate how our lives are connected to the lives of our brothers and sisters in the missions.

Speakers are currently available in the following areas:

- LOS ANGELES
- SAN DIEGO
- RIVERSIDE
- VENTURA
- NORTHERN CALIFORNIA
- SOUTHERN OREGON
- CENTRAL OREGON
- IDAHO
- NEW MEXICO

Three-month advance booking is advised. Contact our office with the specifics of your group and event. We will contact you to confirm availability. †

Prayer of Thanks from Africa

"When I think of you, I pray for you, when I pray for you, I pray with joy," sang twelve religious sisters.

The contemplative sisters sit/kneel in a semi-circle before a low stone altar, located in a round hut chapel. It was a special celebration to remember all those who benefited their monastery.

I was privileged to live, pray, work and play for three months with this group of African sisters, the Sisters of Jesus of Nazareth, whose monastery is in Zimbabwe.

Because I was the only "outsider," I was asked to represent all the benefactors. At the Offertory I carried a large basket to the altar. The basket held a bible, a bottle of water, a pencil, a toy tractor, a toy cow, flowers and vegetables. While I carried the basket I slipped in prayers of thanksgiving for all the Lay Mission-Helpers and Mission Doctors, past and present, and all those who have contributed to the mission activities with prayers, work, time and money. The basket held all of your names as I sang along with the sisters:

"When I think of you, I pray for you, when I pray for you, I pray with joy!"

Thank you, Blue

Isabel (we call her Blue) Brown has served together with husband Dr. Leo Brown for more than 30 years with Mission Doctors Association. Blue flew a plane in what was then Rhodesia, taught in a nursing school in Papua New Guinea, and this past year spent three months at the Monastery of the Sisters of Jesus of Nazareth.

Leo and Blue were among the first to join the growing list of short-term Mission Doctors, and add this last trip to one of many to Zimbabwe. When we think of them, we pray not only with joy but also with gratitude! †

Sisters of Jesus of Nazareth, Zimbabwe offer prayer of thanks.



Dr. Nell Wagoner: Report on Fistula Hospital, Ethiopia



Patients at the
Fistula Hospital Addis-Ababa,
Ethiopia, Africa.

It is a long way from Alaska to Ethiopia. Dr. Nell Wagoner, only recently returned from Zimbabwe, learned of a training opening at the Addis Ababa **Fistula Hospital** in Ethiopia and jumped at the opportunity.

Founders Reginald and Catherine Hamlin became pioneers in fistula surgery when they came to Ethiopia in 1959. They built a special hospital to meet the need for fistula repair in 1975. The Addis Ababa Fistula Hospital sees growing numbers of young women who have sought

treatment, often traveling for many days and weeks to do so. No one is turned away, and treatment is provided free.

For Dr. Wagoner this was a wonderful opportunity to learn at the premier facility in the world for fistula repair. Dr. Wagoner plans to continue this training when she can and then hopes to be able to travel to other mission hospitals offering to share this technique with other mission doctors. Dr. Wagoner stated that beyond the technique for the surgery there is so much to be done in preparation of patients who often present other health problems that have been exacerbated by the isolation their condition has caused. Poor nutrition and infections need to be resolved before the surgery can be done. †

Drs. Jim and John Guzek: Return to Ghana



Dr. Jim Guzek

Dr. James Guzek, and brother Dr. John Guzek will travel to Ghana this summer and will spend time at Margaret Marquart Catholic Hospital, St. Joseph's Hospital in Nkwanta and Kete Krachi Government Hospital. Dr. Guzek will be doing cataract surgery at all sites. Additionally, two medical students and two college students will accompany Dr. Guzek on this trip.

Dr. James Guzek, who together with wife Roberta served at Margaret Marquart Catholic Hospital in Ghana — from 1998 - 2001, was responsible for the opening of the eye clinic at the hospital with donations of more than \$100,000 in equipment and supplies.

Returning this year Dr. Guzek stated that his main objective is to enhance the cataract surgery skills of Dr. Asante Opoku at Margaret Marquart, and to bring some much needed supplies. †

**Dr. James Guzek... was responsible
for the opening of the eye clinic...
with donations of more than \$100,000...**

Angie Reynolds: Zimbabwe



Angie Reynolds (center) with
Loretta & Dr. Stoughton.

A young woman, in her fourth year of Medical School at the University of Washington contacted MDA to find out if we had any opportunities for a three-month international rotation since she had read about the work of Dr. Richard Stoughton in Zimbabwe on our

web site. Normally we reply that at this time we have no programs in place for students, and refer them to several other organizations that do.

However there was something special about Angie's initial request. Angie Reynolds had already given a year in Anchorage Alaska working with the homeless population through the Jesuit Volunteer Corps and had also spent three months working in a medical setting in Quito, Ecuador.

Given her experience we suggested that she contact Dr. Richard Stoughton to find out if there would be any possibility that they could accept a student for three months. Dick and Loretta threw open their home and welcomed Angie who worked at the hospital, taught English to nursing students, played soccer with the children with homemade soccer balls, and played cards in the evenings with the Mission Doctors. Dr. Stoughton remarked that he was certain that the soon-to-be Dr. Reynolds would one day return to the missions to serve as a Mission Doctor. †



The Coda Family

Coda Family: Returns to Mission

Louis and Martha Coda served for three years in Papua New Guinea as members of Mission Doctors Association. This year the Codas return to the missions with their family for six months. They will be at Shisong Hospital in Cameroon from July - January. Asked for their thoughts as they prepare for the trip they answered:

ANTHONY (age 8): worries about the plane trip over the ocean and about going to school there. But he is looking forward to seeing monkeys.

JOHN (age 11): doesn't like the long plane ride either and is going to miss going to the movies. He is looking forward to seeing monkeys and trying different foods.

TERESA (age 15): likes to travel, do new and unusual things. She is nervous about being sad when she sees people suffer with AIDS. She wants to help out in the orphanage, looks forward to meeting new people and experiencing a different culture. She is going to miss school cross-country, and traditional American holidays.

CLARE (age 16): is looking forward to traveling and wants to see how others celebrate Christmas and their own national holidays. She is going to miss her friends, band events, and playing the piano. She is planning on taking her clarinet with her and hopes to learn to play musical instruments from Cameroon. She hopes to help out in the hospital.

MARTHA: is looking forward to Mass and other church services in Cameroon, and hopes this experience will open her childrens' eyes to how others live. She is hoping to be of service but knows that we very often get more out of the experience than we give.

LOUIS: wants to learn to trust God more fully and be open to His guiding hand, to be willing to be part of God's plan, to learn from the people of Cameroon what is most important in life, especially when you have to do without a lot of the extras that we have here in the U.S. †



Dr. Coda with Clare and Teresa in Papua New Guinea, 1989.

Mission Doctors Auxiliary *Benefit does amazingly well, despite the rain!*

A cold rain failed to dampen the enthusiasm of the Mission Doctors Auxiliary at this year's Benefit Dinner Dance, honoring Dr. and Mrs. Clyde Von der Ahe.

Dr. Von der Ahe spoke of his visit to the Missions more than 30 years ago, which confirmed the need for an annual visitation by the office to ensure the well being of those serving long-term. Dr. Von der Ahe noted that this annual connection to Los Angeles made all the difference in our programs. Mrs. Von der Ahe spoke of her long time support of the Auxiliary and the meaningful relationships that she has developed through this program. Long time friend Midge Russell read a poem that was both funny and poignant about this remarkable couple and their family.

Our thanks go out to Benefit Chairwomen, Margaret Liautaud and Mary Lou Malphus for all their work making this event a tremendous success. Outgoing President,

Toni O'Malley-Lis presented MDA President, Dr. Ed Malphus with a check in the record amount of \$45,000 at the Mission Doctors Annual Mass. †



Honorees Clyde & Peggy Von der Ahe at Auxiliary Benefit.

ANNUAL RETREAT/SEMINAR

Individuals and couples came in from New York, Chicago, Denver, New Mexico as well as Southern California for this year's Annual Retreat / Seminar for doctors considering short-term service opportunities. Dr. Rick Mason, Dr. Kate Bolton, Mr. John Ruley and Mr. David Braun were among the presenters.

Several of the attendees are already making their plans to serve:

- Dr. Sara and Mr. Jeffrey Petruska, 2004, two months, Cameroon.
- Dr. and Mrs. Hake, 2004, Cameroon, Fall.
- Dr. and Mrs. Michael Lynch, 2004, three months, Zimbabwe.
- Dr. Galura, 2004, one month, Quadalupe Clinic, Ecuador.

The date is already set for 2005 — March 11 - 13. **It is not too early to make a reservation for this weekend if you've considered serving short-term!** †

LETTER FROM THE STOUGHTONS



Dick Stoughton with young patient.

In mid-January, Dr. Tim Cavanagh and his wife Sheila arrived for a three-year commitment, and I am absolutely delighted that they are here; we are going to work together very well.

In early January, we re-started our Nurses Training School. In 1993 it had been closed because the Ministry of Health wanted ALL nurses to get the top training and be "Registered General Nurses (RGN's)." Now, with such a shortage of nurses in the country, several Mission Hospitals have started a shorter course of training for nurses called "Primary Care Nurse (PCN)." We have started with 20 students; it is only for 1 1/2 years, but already we can see that they can be a big help with patient care in the hospital. I believe that this will be an answer to our staff shortage. Besides this training, we have applied to the Ministry of Health to develop an RGN training school. They have given conditional approval; conditional on us being able to obtain external funding for expanding the facilities of the school.

Now we are looking at embarking on the use of anti-retrovirals (ARV's) in the treatment of AIDS patients. We hope to be able to start with treating staff members that require treatment, and then expand to selective out-patients, and then eventually to all

patients in this area that would meet the qualifications for treatment. The really big challenge is to evaluate patients as to their ability and desire to stay on the drugs for life, and to not miss any doses! We are really only going to have one, or at the most two, courses of drugs to utilize, and so if people miss doses they will rapidly become resistant to any regime that we have. It is going to require a LOT of nursing counseling time, and then more doctor time also.

We still are seeing the +/- 100 in-patients, admitting and discharging up to 15 per day; seeing up to 60 to 70 out-patients per day; helping with administrative problems; attending District and Provincial Meetings, etc., etc. It certainly is enough to keep one out of trouble. But besides that, we really do have to think about how we are taking care of both our bodies and our souls. I hope that you pray for us, that we do a good job in both of those areas.

Please pray for us and for all of the people that we take care of. Think about the tremendous problems all over the world, and how lucky most of us are for the place where we live, for the job that we have, and for the Faith that we are blessed with. Remember Archbishop Romero's prayer: "We can not do everything. But, there is some liberation in that, because it means that we CAN do something, and we can do that something very well." That is what our "mission" is: to do something, and to do it as well as we possibly can, and to try to do it with Love.

God Bless,
Dick and Loretta Stoughton †



Waiting for the doctor

A FEW OF THE PRAYER CARDS WE RECEIVE ON OUR WEB PAGE

Visit the site and share a prayer with the doctors serving in the missions.

Hi, My name is Marta and I'm 13 years old. I really love what you guys are doing. I admire your courage and faith. I want you to know that I will be praying for you and your patients. I hope to someday join you!

Love, Marta

I am currently a third year medical student interested in medical missions full time when I finish residency. I pray daily for missionaries all over the world who truly are the only "Jesus" that remote populations know. The sacrifice that you, as a missionary physician make, is huge, and to understand God's purpose for your life and to fulfill that purpose is admirable. The world would be different for those you are helping if you didn't say, "Yes, Lord, I will go if you lead me."

Good night and God bless
Lori Warzecki, MSIII New York

I'm so glad to see people in this world using their education for others. I'm not sure what I'm going to do with a science major once I get it, but I hope to use it to help others specifically in mission type work. The good you are doing is so immense; remember you are not only serving the poor but also God through his most loved people, the poor.

God Bless, E

Mission Doctor to Present at University of Arizona

Dr. Mark Kummer, currently serving with his wife Deb, and daughter Betsie in Guatemala, will be taking the month of July to share his community health expertise at The University of Arizona's intensive orientation on Clinical Global Health.

This course has been offered every July since 1982 at the University of Arizona. Faculty with clinical experience in developing nations use a problem-solving approach to this full-time course, which is designed to prepare senior medical students, residents and primary care physicians for health care experiences in developing countries.

Course director, Ronald Pust, MD, welcomes Dr. Kummer's participation, noting that physicians working for faith-based NGOs, like Mission Doctors Association, comprise the majority of US clinicians working in developing nations.

For additional information on this program, which is offered annually contact:

Ronald Pust, MD or Tracy Carroll, PT, MPH
The University of Arizona College of Medicine
Dept. of Family and Community Medicine
P.O. Box 245052 • Tucson AZ 85724
<http://www.globalhealth.arizona.edu/>



Mark and Deb Kummer
with daughter Betsie (center)
in Guatemala.

We Remember

DR. ROBERT BOKEN was remembered for his kindness and sense of humor by his family and by all who were fortunate to have known him. Dr. Boken served many times as the MC of the Mission Doctors Auxiliary Benefit and is survived by his wife, Roseanne Boken and their 8 children. Robert's sons spoke at the Mass of their father who was known by everyone at St. Vincent's Medical Center for being quick with a joke and kind word.

ROSEMARY STACK, long time member of the Mission Doctors Auxiliary, whose candor, wit, and generosity touched the lives of so many, was remembered at a Mass at St. Martin of Tours in Los Angeles. Rosemary's niece led the singing at this Mass that concluded with "When Irish Eyes are Smiling" — this is certainly how we will remember Rosemary, whose smiling eyes could light up a room.

Celebrating 50 Years of Marriage

Long time members of Mission Doctors Association who have served in many countries in Africa as well as Papua New Guinea — Dr. Leo and Mrs. "Blue" Brown celebrated their Golden Anniversary on June 19 with friends and family. We, too, offer our best wishes and celebrate a marriage that has been a real gift of love to the world.

E-mail us at:

missiondrs@earthlink.net
to sign up for our
FREE quarterly
online newsletter.

WHERE DO YOUR DONATIONS GO?

- Monthly stipend for a doctor serving long-term is **\$150** per month per person.
- The cost for visas and international medical licenses average **\$250** per physician.
- Language training for doctors and their spouses has averaged **\$850** per year.
- The cost for insurance for a doctor or their spouse serving long term **\$2000** per year per person.
- The cost for airfare for a doctor and their spouse averages **\$2,500** each.
- The cost for shipping medical supplies and equipment can be as high as **\$5,000** for a year.
- The cost for support, and stipend for a doctor and spouse averages **\$8,000** for a year.
- The expense for annual visitation is approximately **\$10,000**.
- The cost for the formation program for a physician and spouse is **\$20,000** for a year.

URGENT

New Locations Request Doctors

We have NEW requests for our doctors in Ecuador, Kenya and Uganda and ongoing needs to fill in Cameroon, Zimbabwe and Guatemala.

Will YOU be the one who helps us fill these requests?

If you can't go yourself... help us recruit, train, send and support Catholic Mission Doctors for these hospitals and clinics!

Help us meet these growing challenges!

Some give of their time and talent — your generous gifts make it possible.

YES, I'd like to make a donation in the amount of \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Please accept my donation in the form of:

Cash Check Mastercard Discover Visa Exp.Date _____

Signature _____

You may also donate online at: <http://www.MissionDoctors.org>

SOME OF OUR FRIENDS HAVE ASKED...

WHERE DOES THE SUPPORT COME FROM?

Individual donors contribute **100%** of the program service funds for Mission Doctors to MDA and the Auxiliary.

We have received several grants for medical equipment and vehicles from local foundations. However, **we rely on your generosity** to support Catholic doctors and their families at mission hospitals and clinics.

DOES MDA RECEIVE FUNDING FROM THE ARCHDIOCESE?

As an independent 501(c)3, MDA has always been responsible to do ALL our own fundraising for our program.

DOES MDA MAKE APPEALS IN THE PARISHES?

Ever year the Mission Office of the Archdiocese of Los Angeles assigns mission congregations and organizations parishes for the Mission Co-op program. **This year MDA was assigned Holy Family Parish in South Pasadena, CA — July 17-18. Dr. and Mrs. Leo Brown presenters!**

WHAT CAN I DO?

- ✓ You can make a tax-deductible donation of any size to support Catholic doctors and their families serving at mission hospitals and clinics. **Your one time gift or a monthly offering can make all the difference in the world.**
- ✓ You can remember Mission Doctors Association in your estate planning, by naming Mission Doctors Association in your Will or as the beneficiary of a Life Insurance Policy.
- ✓ Invite others to get involved... **share something wonderful that Catholic lay people are doing around the world!** Want extra copies of our newsletter or brochures to share? Just drop us a note!

SAVE THE DATE

MARCH 11 - 13, 2005

Annual Retreat Seminar for doctors considering Short-term mission service, Claretian Renewal Center

MARCH 13, 2005

Annual Mass – Claretian Renewal Center

APRIL 16, 2005

Mission Doctors Auxiliary Annual Benefit and Silent Auction, Jonathan Club



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