



HILLSIDE HEALTH CARE INTERNATIONAL NEWSLETTER

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Abby's House—A Dream Coming True!



LEFT: **MARCH 17th GROUNDBREAKING!** (left to right) Dr. Richard Center, Alberto Choc, Ivy Teodoro, Kristin Wyer, Jeff Fox, Randy Ramos, Joyce Lopez, Evert Mangar, Marco Gamboa (contractor), and Alberto Cus. RIGHT: **THE PROGRESS!**

Thanks to the dedication and hard work of the Brinkman family, the Columbus Rotary, and many, many supporters, Abby's House is a **Dream Coming True!** Jan and Roger Brinkman wanted to turn a tragedy into a blessing. Their initiative has led to the construction of a dormitory at Hillside that will be dedicated this November to the memory of their daughter, Abigail Drake Brinkman, a fourth year medical student from Indiana University School of Medicine. Abby came to Belize in 2005 to study and serve at the Hillside Clinic.

"What a difference this dorm will make to Hillside's efforts to serve the local population and to educate the many medical students like Abby who come here to experience international medicine!" said Jeff Hartman, Hillside's Director of Operations. "A shortage of housing has limited the number of volunteers and students that Hillside can accommodate. The needs in the region are tremendous, and those needs will be better served now by those who come every month to join our Hillside staff to offer services."

Dedication of Abby's House will be part of a five-day celebration from November 14-19. See schedules, costs, and reservation information on the back cover. (Attendees will be responsible for making their own flight and hotel reservations, which are not included in the package.)



Abigail Drake Brinkman

Riley Hospital for Children awarded Abby an honorary pediatric residency. Abby's lifelong dream was to be a pediatrician and devote a part of each year to mission work in underserved areas of the world. Hillside's Executive Director, Joyce Lopez, says: "Abby's remarkable attitude and her willingness to serve others make her an example for all the students who come to Hillside"

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A Word from the Chairman, Dr. Russell Robertson

Fresh from a Hillside Board retreat, I am re-energized as to what I believe the missions of our clinic are. While our primary mandate is to serve the people of the Toledo District including Punta Gorda and Eldridgeville, we have another mission—that is to change the lives of our student volunteers. Every month, young people training to become doctors, physician's assistants, nurses, and other health professions devote themselves to the work we do in Belize. These learners come to us from all over the US, the United Kingdom, and elsewhere. Their interest in coming to Belize is a part of a transformation that is occurring in health professions education. This interest is driven by a new appetite for international experiences and a recognition of the global community in which we all now live.

What we know from new studies, is that students who undertake these experiences are forever changed. They leave with an enlightened sensitivity to the challenges facing people living in developing countries through intimate contact with their living conditions and a deeper understanding of their suffering. As a consequence, memories are created that remain with these students throughout their careers. Some choose to pursue primary care and often in settings in the US where there are substantial needs unmet; others will return to international settings regardless of their scope of practice. One need only read some of the reflections of our students to get a glimpse of what happens when they come to Hillside.

So your giving yields at least two types of return. You enable us to continue to care for people whose lives are and will be measurably healthier, and you are planting seeds in lives of young health professionals that will bear fruit for the rest of their lives. Thank you for all that you have done and for all that your gifts will keep on doing. This mission simply can't be accomplished without your support.

HILLSIDE AND BELIZE'S MINISTRY OF HEALTH SHARE OPTIMISM FOR GREATER COLLABORATION

In early April, Hillside's clinic manager, Jocelyn Lopez, along with two Hillside board members, had the opportunity to meet with key leaders from the Ministry of Health to discuss Hillside's role in the Toledo District. Ms. Lopez explained: "We wanted to know how Hillside could most effectively work with the Ministry of Health in serving the needs of the people in the Toledo District." Out of this meeting, came a renewed commitment to work together and a new vision about how to do it most effectively.

It was decided that instead of visiting numerous villages every four to six weeks, the Hillside mobile clinics would visit fewer villages more frequently. This would allow a greater focus on preventative health care services and health education—and encourage greater participation of key community leaders.

Hillside's mobile teams, using this new model, will make a greater impact overall. It is anticipated that this approach can be used as a model for future expansion of services provided by both the Ministry of Health and Hillside. Ms. Lopez added: "We all left that meeting with a new sense of optimism and collaboration."

MARK YOUR CALENDAR FOR HILLSIDE'S ANNUAL FALL FUNDRAISER

WHEN?

Thursday Evening, October 2nd

WHERE?

The Peck Welcome Center
at the Milwaukee Zoo

WHY?

To support the work of Hillside Healthcare in providing medical services to the people of Belize.

This fun-filled event will allow guests to learn more about Hillside's mission and opportunities to support this important work.

WATCH FOR MORE INFORMATION

Volunteers Serving Prayerfully With Great Love

By Jeff Fox

In the years my family and I spent with the Missionaries of Charity (religious sisters founded by Mother Teresa), I have come to realize one important fact—they pray a lot! When they are preparing food to serve at the homeless shelter, driving in the car, at daily “holy hour”, or during other private times—they pray!

They also serve with great love and joy. I believe that only through ongoing, sustaining prayer is joyful service possible. This is a message I think is important at Hillside as well. Without community prayer, even mission work can become just another job. Frustrations, heat, limited resources, even professional jealousies can rear their ugly heads. But praying as a community can draw us closer in our common mission of service.

On a weekly basis, we come together as volunteers to reflect on God’s word (usually the next Sunday’s Gospel) and what it means to us as volunteers. Recently we were blessed when the student nurses from Concordia joined us during their time at Hillside. These students and our fellow volunteers are finding that community prayer and reflection refreshes the spirit and reminds us that we are privileged that God has called us to Belize to accompany His special people—the poor.

*Jeff and Ivory Fox, their two sons, and Ivory’s sister, Ivy, are completing a year of volunteer service with Hillside.



Prayer and fellowship among volunteers at Hillside

INTRODUCING HILLSIDE’S NEW ADMINISTRATIVE ASSISTANT



Hillside is blessed to have a dedicated and hardworking staff. We would like to introduce you to the newest member of our team, Alberto Choc. He has joined Hillside as Administrative Assistant to Joyce Lopez, our Executive Director.

Jeff Fox, a long-term volunteer from Indiana who is now serving with his family at Hillside, contributed this photo of Alberto. Jeff adds: *I thought your readers would enjoy this picture I took today of Alberto with a clinic visitor—an iguana! Thanks to Alberto, we didn't all run from the office. He calmly grabbed him and took him outside to his native jungle habitat. Our Belizean staff is never shaken by these experiences. The American volunteers, on the other hand, are another story! Now I can add an iguana to the list of creatures that have found their way into our offices: snakes, scorpions, tarantulas, etc.*

BOOK YOUR RESERVATION EARLY AT www.hillsidebelize.net

Abby's House Five Day Celebration Schedule—November 14-19

Fri. 11/14	Arrival at Belize City airport Short flight to Punta Gorda (arrive at around 4:30pm) Driving tour of Punta Gorda Check in at hotels Welcome dinner at Retreat Center
Sat. 11/15	Breakfast at hotel Morning visit and tour of Hillside Work project with local family (boxed lunch) Free time Garifuna Night with traditional Garifuna food and dancers
Sun. 11/16	Breakfast at hotel Free time, church, etc. 11am—noon Hillside and Abby's House Open House 12:15pm Abby House Dedication followed by community lunch Dinner and educational speaker at Nazareth's Retreat Center
Mon. 11/17	Breakfast at hotel Work project with local family (boxed lunch) Afternoon boat ride up a jungle river Dinner by Gomier, renowned local chef and expert on local foods
Tues. 11/18	Breakfast at the hotel Follow med team to Big Falls, a Mayan area, to observe clinic Lunch at Coleman's Restaurant in Big Falls A visit to Lubaantun, a Mayan ruin Free time for packing Goodbye dinner at the Nazareth's Retreat Center
Wed. 11/19	Breakfast at hotel Early stop at the market Flight to Belize City—9:30am Flight to the States (or to Ambergris Caye for time at resorts)

Abby's House Schedule...

to the left is designed to give each attendee an opportunity to experience the lovely southern area of Belize's Toledo District where Abby Brinkman worked at Hillside Healthcare to serve the medical needs of the local people.

Participants will have the opportunity to see local villages, visit a Mayan ruin, take a ride up a jungle river, enjoy a number of educational dinners...and of course, join Roger and Jan Brinkman as Abby's House is dedicated to the memory of their daughter.

This remarkable region borders on the Caribbean and consists of jungles and rainforests with little villages scattered around the remote landscape. You will enjoy the diversity of local cultures—Mayan, Garifuna, Hispanic, Creole, etc.

There are two short morning work projects on the schedule (not too difficult!) that will allow guests to assist a Hillside family who has three young special needs children.

Cost: \$300 p/person (includes everything except flights and hotel.

NOTE!

**Planning to attend? Book soon!
Rooms in this area will fill up early
due to another local event.**

Considering A Donation to Hillside?

Hillside can't accomplish its mission of serving those in need of medical care without the support of people like you. If you want to offer financial support, donations can be made online at www.hillsidebelize.net or sent to:
Hillside Health Care International, P.O. Box 151, Brookfield, Wisconsin 53008-0151.

Thinking Of Volunteering?

If you are a medical professional with a desire to volunteer, Hillside may be the right match for you. Opportunities can be short-term (a week to one month) or long-term (several months to a year).

Imagine an environment off the beaten path—jungles and rainforests dotted with small villages along a remote river or at the ocean's edge. For more information, visit our website: www.hillsidebelize.net

One person really can make a difference...and it might be you!