

BRIDGE NEWS

Building bridges worldwide with compassion, joy, smiles, and heart, one person at a time

Winter 2012

The Rotary Gala



On September 29th, 2012 friends of the HMO and of the Rotary Club of York gathered together for a night of smiles, dancing, and celebration. Everyone at HMO would like to thank the Rotary Club of York, one of our new major partners, for their generosity and support. The gala was the perfect venue for the Rotary Club of York to present their gift of \$10,000.00 to HMO, graciously accepted by HMO Board Chair Valerie Campbell.

This gift will make a huge impact on the HMO's ability to deliver more clinics, both in Canada and around the world.

The Rotary Club of York's mission is to sow the seeds of love, lend a hand, serve above self, and share and make dreams real in the local and global communities. These ideals are a perfect fit for the HMO, as we promote partnerships between health care professionals and those that are in need all directed towards the betterment of mankind.

Special thanks to Former President, Wendy Mong, new President, Nancy Leung, and Grayson Lew, member, who brought Rotary and HMO together

If you're interested in the Rotary Club of York and would like to learn more, please visit their website at:

<http://www.rotaryclubofyork.org>

Leadership – Giving and Receiving

Bing Crosby, who knew a thing or two about Christmas, stepped back from being a holly and ivy icon during an interview and said "Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won't make it white." As the board director charged with leadership development within the HMO, I look out onto the array of accomplishments for 2012 and I salute all of our volunteers for their willingness to share their blessings. Whether it's their time, expertise, or money...all are rooted in an empathetic desire to share good fortune.

The holiday season is an opportune time to reflect a bit on the impact. Our missions are now local across the GTA, national across Canada, and international spanning the globe.

As Scottish novelist and historian John Buchan put it, "The task of leadership is not to put greatness into humanity, but to elicit it, for the greatness is already there. These empowerments are perhaps our greatest gift to our patients.

Happy Holidays to All.

*Bob Harris,
Board Director*





Mission to El Salvador, October 2012

From October 19th to 27th, HMO's largest ever group of volunteers flew down to El Salvador for a groundbreaking mission. 35 dentists, hygienists, doctors, nurses, and general volunteers spent nine wonderful days in San Salvador, El Salvador's capital city. The following is an excerpt from the blog for this trip.

To check out the full blog, visit www.hmocanada.org

Oct.22nd, 2012

Our day at the clinic site was nothing short of a whirlwind! Resources were limited, so dental patients sat on lawn chairs while our dentists and hygienists worked alongside them with suction and other instruments - one of our dentists had the interesting first-time experience of doing dental surgery on his knees!

Some of the highlights of the day included an impromptu meeting with Mayor Norman Quijano, the introduction to our amazing volunteer translators from local universities, and the willingness of our group to work together and help each other out.

Most of all, our patients were so happy to meet us, and were grateful even when we had to shut down for the day and ask them to return (as VIPs/priority patients) for the following day.

As one of our volunteers put it:

"We arrived with nothing, and we accomplished a lot!"

Special thanks go to Roberto Alvarado, Manny Lopez, and Brenda Martinez for their spectacular contributions to our trip.
We could not have done it without you!



HEALTH MISSION OUTREACH

1207 St. Clair Ave West, Toronto, Ontario, Canada, M6E 1B5

<http://www.hmocanada.org/>

Upcoming HMO Events

Want to get involved in one of the upcoming HMO events? Email lhangfu@yahoo.ca for details

February 2013

Scouting Mission to St. Lucia by Dr. Duronio



June 2013

Brampton clinic at the
New Life Community Church
9281 Goreway Drive, Brampton, ON



July 2013

Calgary clinic at Wing Kei Senior Care
Centre - 1212 Centre Street NE, Calgary



Toronto Clinic in November

On November 10th, 2012 the HMO volunteers set forth to spend their Saturday doing free dental and medical work for those who needed it. At the Church on the Queensway, in Toronto, Ontario, our group cleaned, filled, and flossed their way through the day.

A huge **THANK YOU** to our volunteers for making this clinic a huge success!



Volunteers and patients at the Church on the Queensway

HEALTH MISSION OUTREACH

1207 St. Clair Ave West, Toronto, Ontario, Canada, M6E 1B5

<http://www.hmocanada.org/>

Volunteer Spotlights

Saira Lila Volunteer HMO Nurse



How did you get started with the HMO?

It was a coincidence! While waiting for the Go Train, my good friend Karima told me about this mission coming up to go to El Salvador through HMO and sent me an email about it. I was very interested because this type of volunteer work was exactly what I wanted to do but didn't know how to go about joining or registering.

What type of work have you done for the HMO patients?

As a registered nurse, I was working in the medical clinic in El Salvador. I conducted a pre assessment (triage) evaluation in order to categorize patients appropriately prior to their visit with the medical doctor. I treated these patients with medications suitable for their symptoms. I also volunteered at a free clinic in Mississauga through another HMO initiative.

What was your experience like on the recent trip to El Salvador?

It was definitely life-changing. I was surrounded by laughter, gratitude, love and compassion. These special moments with a hug, a smile, a picture or a kiss on the cheek, validated my perspective on the true meaning of sincere gratitude. Thank you to El Salvador for welcoming us with open arms. It has been an incredible experience that I will hold close to my heart always.

Do you have any future plans for involvement with HMO?

I definitely do!!! Both medical and dental are in great demand and being able to have this opportunity to serve such communities is a fantastic way to slowly bring change to those in need.

David Gorendar Volunteer HMO Dentist



How did you get started with the HMO?

I was looking through a dental journal and there was an ad in the classifieds looking for people to volunteer. So I called the number and spoke to Lun when HMO was only one year old. Lun invited me to one the missions to see it first, and it really piqued my interest. I felt a connection.

What type of work have you done for the HMO patients?

I do general dental work. On-site, we're limited with time and equipment, so we only do what we can. Using a mobile dental unit, we do mostly fillings and extractions.

What was your experience like on the recent trip to El Salvador?

It was one of the best experiences of my life. I met a lot of new people and made great friends. It was really eye-opening to see the level of poverty around the world. We worked all day at a high intensity, but it didn't feel like a drag. And then there's a selfish component, because it makes you feel really good to do this work!

Who was your most memorable patient?

There was one 17 year girl where we had to take out three permanent molars - you don't see that in Toronto. I had never seen that in 26 years of private practice.

Do you have any future plans for involvement with HMO?

I'm committed to the cause! It's my third year with HMO and it has been an invaluable experience.

Interviews by Volunteer HMO Journalist Paula Harris

HEALTH MISSION OUTREACH

1207 St. Clair Ave West, Toronto, Ontario, Canada, M6E 1B5

<http://www.hmocanada.org/>

Special HMO Welcome to

Mr. Joe Rosenthal, C.A.

Joe Rosenthal has joined the HMO Board as a Senior Board Director to aid the development of leadership within the group and to help with infrastructure development.

Joe Rosenthal is a Chartered Accountant, in practice since 1958. He has been practicing as the founding partner of Rosenthal Katkauskas since 1985. He served on the Independent Review Committee for Mackenzie Financial (Canada) from 2004-2006.

Publisher's Note

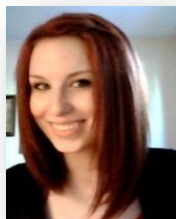
With the holidays just around the corner, there's no better time to reflect on the joy of giving.

This season, I hope each and every one of you experience the magic that comes with opening a new gift, or simply opening your heart.

The HMO is all about smiles, and we hope that you'll support us in our mission to bring holiday cheer for those in need.

Happy Holidays,

Emily



Emily Harris is a graduate student at the University of Ottawa. She has been volunteering with the HMO in various capacities since 2010.

Giving makes you Smile!

Research shows that giving is one of the surest ways to happiness. Being a part of something bigger than yourself also leads to better health!

Here is my gift!

Name _____

Address _____

_____ City _____

Province _____ Postal code _____

Phone _____

Email _____

My gift of: \$50 \$75 \$100 \$250

Other _____

Credit Card: VISA MasterCard Amex

Number _____

Security code _____ Exp _____

Name on card _____

Please call me to discuss my giving.

Phone _____

Best time to call _____

Thank you!



HEALTH MISSION OUTREACH

1207 St. Clair Ave West, Toronto, Ontario, Canada, M6E 1B5

<http://www.hmocanada.org/>