

## Honduras Orientation Meeting

### Minutes:

September 20, 2009

#### Attendee's:

<input checked="" type="checkbox"/>	Priscilla Shows	<input checked="" type="checkbox"/>	Chris Bernart	<input checked="" type="checkbox"/>	Mary Ann Sellers		
<input checked="" type="checkbox"/>	Derek Shows	<input checked="" type="checkbox"/>	Becky Haley	<input checked="" type="checkbox"/>	Peter Crow		
<input checked="" type="checkbox"/>	Phyllis Gordon	<input checked="" type="checkbox"/>	Paul Haley	<input checked="" type="checkbox"/>	Ebony Williams		
<input checked="" type="checkbox"/>	Nancy Titus	<input checked="" type="checkbox"/>	Cheri Janning (R)	<input checked="" type="checkbox"/>	James Williams		
<input checked="" type="checkbox"/>	Nancy McMillan	<input checked="" type="checkbox"/>	Kristina Alton				

R = Recorder

ITEM	DISCUSSION	ACTION	OWNER	DATE DUE
Staying healthy in Honduras	<ul style="list-style-type: none"> <li>▪ <b>Handout reviewed– be sure to review on the internet</b></li> <li>▪ Duke travel clinic is open</li> <li>▪ Wake county clinic provides travel medicine</li> <li>▪ Don't take Aspirin if you suspect you may have dengue fever. If not clear if dengue then error on the conservative side and use Tylenol versus Aspirin.</li> <li>▪ May want to take sleep aid given the noise.</li> <li>▪ Take along something for diarrhea</li> <li>▪ Prep clothes with Permetherin.</li> <li>▪ Stay hydrated to avoid constipation</li> <li>▪ Bring antibiotics</li> </ul>	▪	▪	▪
Payment schedule to pay for trip:	<ul style="list-style-type: none"> <li>▪ First \$250 due September 1, 2009 please write on memo line Honduras Mission 2010</li> <li>▪ Second \$250 due October 1, 2009 please write on memo line Honduras Mission 2010</li> <li>▪ Third \$250 due November 1, 2009 please write on memo line Honduras Mission 2010</li> <li>▪ Fourth \$250 due to December 1, 2009 please write on memo line Honduras Mission 2010</li> <li>▪ <b>If someone other than your self is writing the check for you then please make note in the memo line Honduras Mission 2010 for “your name”.</b></li> </ul>			

Project Honduras	<ul style="list-style-type: none"> <li>▪ Lynn, Priscilla and Derek attending Project Honduras Meeting this week. Please keep them in your prayers.</li> <li>▪ Taking all fluoride treatments for this year</li> <li>▪ 12,000 fluoride treatments being taken for 6,000 children 2times a year</li> <li>▪ Decision to determine if the Mission will happen will be based on State Department recommendation.</li> </ul>	▪	▪	•
Training Health Promoters	<ul style="list-style-type: none"> <li>▪ 2 day course Jan 8 and 9</li> <li>▪ Rotate use of translators during teaching</li> <li>▪ Not clear yet how much time we have on Sunday for teaching</li> <li>▪ Draft curriculum reviewed</li> <li>▪ Dental teaching Jim for 30 minutes</li> <li>▪ CPR and choking training</li> <li>▪ Women's health teaching</li> <li>▪ Decision on thermometer – not taking and will not be part of training</li> <li>▪ As time allows – Blood Pressure, pulse training</li> <li>▪ Need a MC for the training session</li> </ul>	<ul style="list-style-type: none"> <li>▪ Check with Gordon for template for certificates to provide to Health Promoters</li> <li>▪ Check with Juana regarding how much time will be available to teach Health Promoters on Sunday</li> <li>▪ Check with Gene to see if he would be willing to be the MC</li> </ul>	<ul style="list-style-type: none"> <li>▪ Nancy</li> <li>▪ Priscilla</li> <li>▪ Chris</li> </ul>	•
Spanish:	<ul style="list-style-type: none"> <li>▪ Kristin Canady teaching Spanish and starts Sept 21. Cost is \$100 and bring to class and pay directly to Kristin (not St. Stephen's)</li> <li>▪ Same text book as last year class will focus on conversational Spanish needed for working in Honduras.</li> <li>▪ Intermediate class will be at 6:00pm and beginner class will be at 7:15pm</li> </ul>	▪	▪	•
Food/Meals while in Honduras	<ul style="list-style-type: none"> <li>▪ Eat with families in Mad and eat together in group in LT</li> <li>▪ Note if you have any food allergies</li> <li>▪ Standard meal -Tortillas, mystery meat, beans, pancakes, coffee (often sweet)</li> <li>▪ Bring snacks (power bars) but be mindful to not to eat in front of family</li> <li>▪ Don't feed stray animals</li> </ul>	▪	▪	▪
Packing of supplies	<ul style="list-style-type: none"> <li>▪ Need suitcases donated with wheels</li> <li>▪ Packing guidelines reviewed- each</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lead the packing of</li> </ul>	<ul style="list-style-type: none"> <li>▪ Maureen, Mary Ann</li> </ul>	▪

	<p>person will be carrying 2 suitcases with medical supplies</p> <ul style="list-style-type: none"> <li>No plastic bags being taken this year – “going green” – brown paper bags will be used for taking away medical supplies dispensed</li> </ul>	<p>medical supplies</p>	<p>and Cheri</p>	
<p>Donations for meds</p>	<ul style="list-style-type: none"> <li>Shorten wish list to target specific items and buy certain meds in bulk (people could donate money or pills)</li> <li>Money donations via check would be made to church and make note on memo line stating medical supplies Honduras Mission 2010 (to purchase liquid meds, vitamins, etc in bulk)</li> </ul>	<ul style="list-style-type: none"> <li>St Stephen's will make a bottle and sell dots for example \$5 and they can put dot on bottle to raise enough money to cover expenses of buying in bulk.</li> </ul>	<ul style="list-style-type: none"> <li>St Stephen's Members</li> <li>Other Church groups</li> </ul>	
<p>Lempira's</p>	<ul style="list-style-type: none"> <li>Exchange US dollars to Lempira's</li> </ul>	<ul style="list-style-type: none"> <li>Central person will exchange US Dollars for Lempira's state side</li> </ul>	<ul style="list-style-type: none"> <li>Cheri will send all e-mail and get numbers of what to get exchanged and will get the Lempira's</li> </ul>	
<p>Skits and coloring book pages to be done in tandem</p>	<ul style="list-style-type: none"> <li>Brushing teeth</li> <li>Wash hands before eating</li> <li>Naming parts of the body</li> <li>Boiling water before drinking</li> <li>When sick go to the clinic</li> <li>Wash hands after going to rest room</li> <li>Skit creation committee</li> </ul>	<ul style="list-style-type: none"> <li>Lead skit planning and training</li> </ul>	<ul style="list-style-type: none"> <li>Pete and Ebony and James will assist</li> </ul>	
<p>Hostess gifts</p>	<ul style="list-style-type: none"> <li>Tupperware reusable bowls</li> <li>Reusable bags for hostess gifts and health promoters</li> </ul>	<ul style="list-style-type: none"> <li>Check on cost of different types of Tupperware bowls</li> <li>Bags needed for host gifts (like a Trader Joe type bag)</li> </ul>	<ul style="list-style-type: none"> <li>Phyllis</li> <li>All to bring a couple each</li> </ul>	
<p>Crowd Control</p>	<ul style="list-style-type: none"> <li>Manage crowd at clinic and maintain privacy</li> </ul>	<ul style="list-style-type: none"> <li>Derek in charge</li> </ul>	<ul style="list-style-type: none"> <li>Derek</li> </ul>	<p>•</p>
<p>Attendee's who have</p>	<p>Atlanta attendees (and recruits)</p>	<p>•</p>	<p>•</p>	<p>•</p>

<p>stated they have interest in going on the 2010 Mission trip</p>	<ul style="list-style-type: none"> <li>• Ben, Susan, Mac, and Lynn</li> </ul> <p>Nativity (and recruits)</p> <ul style="list-style-type: none"> <li>• Nancy McMillan</li> <li>• Phyllis and Steven Gordon</li> <li>• Pete Crow</li> <li>• Nancy Titus</li> </ul> <p>St. Stephen's (and recruits)</p> <ul style="list-style-type: none"> <li>• Ebony and James Wallace</li> <li>• Gene</li> <li>• Jim Clare</li> <li>• Sarah Chase</li> <li>• Daniel (tentative)</li> <li>• Mary Ann Sellers</li> <li>• Kristina Alton</li> <li>• Maureen Cunningham</li> <li>• Cheri Janning</li> <li>• Priscilla and Derek Shows</li> <li>• Paul and Becky Haley</li> </ul>			
<p>Background info to read</p>	<ul style="list-style-type: none"> <li>• Enrique's Journey (book)</li> <li>• Which Way Home -HBO special</li> <li>• Other books</li> <li>• See St. Stephen's website</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<p>Next Meetings</p>	<ul style="list-style-type: none"> <li>▪ Next mtg Oct 18 at 4pm at St Stephen's</li> <li>▪ Fourth mtg Nov 22 at 4pm at St Stephen's</li> </ul> <p>Pill packing dates at the Church of the Nativity in Raleigh  <a href="http://www.nativityonline.org/contactus.htm">http://www.nativityonline.org/contactus.htm</a>  6:30pm  September 30  October 28  November 18 – Hot Dog dinner starts at 6pm this night</p>	<ul style="list-style-type: none"> <li>• If you are not able to attend a meeting please let Priscilla know.</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	