



Short Term Medical Missions Team Information Packet 2010

Overview:

This packet contains information for the team leader to adequately prepare and inform your team members for the best possible medical mission experience in Juarez with Missions Ministries. This packet includes information on the Mexican people, costs, immunizations, identification, travel needs, contacts, and accommodations.

Skills and needs:

Medical and non-medical professionals, including the following:

- Dentists/dental assistants
- Midwives
- Nurses
- Nurse practitioners
- Occupational therapists
- Pharmacists
- Physical therapists
- Physicians
- Physician assistants
- Physician assistants
- Eye care professionals

Services Provided:

Your trip consists of being available at the well-equipped Family Care Center located at the Missions Ministries Team Center to see patients that arrive on a first-come, first-served basis. Teams may consist of medical and non medical personnel. Non-medical personnel may be utilized to assist the doctors and nurses, organize the distribution of medication, check in patients, update charts and keep children entertained. Some, but not all major areas of need are:

- Hypertension diagnosis, treatment and education
- Diabetes diagnosis, treatment and education
- Pre-natal education
- Minor acute illnesses
- Immunizations and flu shots
- Minor skin diseases
- Basic hygiene instruction
- CPR and first aid instruction
- Eye exams

Each team needs to bring their own supply of medications, as this is how we are able to keep medications on hand at the care center for emergencies. Medications that are always needed are antibiotics, medication for diabetes and high blood pressure, pre-natal vitamins, adult vitamins, infant liquid vitamins, anti-inflammatory medicines such as Motrin and Advil for adults, infant Tylenol, infant decongestant, betadine solution, arthritic medications, antihistamine eye drops, cold sore/lip treatments, teething preps, hydrocortisone cream, antibiotic soaps and creams, tagamet, Pedialyte, reading glasses and immunization packs for children. These medications need to be packed in your own personal luggage.

Team size:

The ideal size for a medical team is between ten and 15 individuals to get the most out of the medical mission experience. The Team Center has a total of 16 motel style rooms.

Sample trip:

Typical trips involve four days, Wednesday to Saturday or Sunday to Wednesday. Extended days will be considered depending on the Missions Ministries calendar. Departure times are either Saturday morning or Wednesday morning following breakfast at the Team Center. **Driving teams** will be met at the Quality Inn in El Paso. Take I-25 South from Denver to I-10 in Southern Texas, travel East on I-10 to Exit 28B in El Paso. Go to the first left (Geronimo) and then go North to Montana. Plan to arrive around 2:00 PM on the first day. Teams will be picked up at the Quality Inn, taken to Wal-Mart for a brief shopping trip to purchase water and other needed supplies. **Flying teams** will be picked up at the El Paso airport baggage claim area around 2:00 PM and will have the same schedule as the *Driving Teams*. After the Wal-Mart shopping trip, teams will be taken to the Missions Ministries Team Center. The first evening is spent planning for the next day and transferring medications and supplies to the care center. Dinner will be served in the dining hall on the night of arrival.

On the first day, devotions (for all team members) are at 6:30 AM, followed by a wonderful breakfast at the Missions Center prepared by our professional chef. The team will then see patients at the Family Care Center, on the Missions Ministries' property until a specified time in the afternoon. The second day is similar to the first except team members will attend an afternoon or evening service at a Mexican church that evening. You will leave immediately after 6:30 AM devotions and breakfast the day of departure. Exceptions to this schedule can be made on a case by case basis and adjustments will be made in order to cover additional costs.

Medical Team Costs:

The cost for a sample **10-member** team involved in a medical mission trip are:

Project Cost-Medical: \$100.00 per day / *per* person **Plus food and lodging**

Lodging Cost: \$40/night *per person* (*not per room*)

Food Cost: 8 meals included, \$90 total for adults (children 12 and under are slightly less).

Interpreter fees: \$30.00 per day - per interpreter.

Transportation Cost: These are the fuel and maintenance costs for the team travel to and from El Paso and depend on the mode of travel. Costs for transporting the team while in El Paso and Juarez are included in the Project Cost amount.

Accommodations: (based on arrival/departure on Sunday to Wednesday or Wednesday to Saturday) You will stay in the Team Center. Room charge is \$40.00 per night per person for adults 18 and over; \$20.00 per night per person for children 17 and under, accompanied by parents and staying in the same room.

There may be no unaccompanied minors staying in rooms alone. Rooms accommodate a family of five and contain one queen bed, one single bed and a bunk bed. Please no more than three unrelated adult individuals in a room. Food costs for 8 meals (beginning the day *of* arrival *through* breakfast the day of departure) as follows: Adults = \$90.00; Children 12 years and under = \$60.00.

The Mexican people and the ministry we provide:

Your trip will give you chances to meet and befriend Mexican people. Certainly, there are many cultural differences, and it may take years to familiarize yourself with them. Many Mexican people **speak and understand English**, sometimes just enough to misunderstand, or take what you say *literally*. Please **do not make promises** to any Mexican people. When team members do so and don't or can't follow through, it damages the credibility of the ministry. If you have questions or are not sure about communication, please ask us. **In addition, sometimes teams (or team members) want to give money or other gifts to some of the people, churches, and even to the Mexicans working with Missions Ministries. These gifts are needed, but please discuss this with a ministry staff person before giving gifts of any kind. Missions Ministries will distribute all designated gifts through the pastors.** Note: This does *not* refer to the offerings taken at the church service; in that case we ask you to please be as generous as possible.

Alcoholism is an enormous problem in Mexico (along with illicit drug use). We are a Christian mission group representing not only the United States, but most importantly we are representing Christ. In order to present a proper image for our Mexican neighbors, there will be no alcoholic beverages while on this mission experience. Also, please be respectful of the Mexican culture in action, dress and attitude. Long, conservative shorts are fine to change into after you return to the Missions Center from the work site.

Language:

The language barrier is not as great as it might seem. It's amazing how much communication happens even when you don't speak each other's language. It is helpful, though, to buy a Spanish/English phrase book. Of course, teams with a fluent Spanish speaker are that much more able to connect with the people. Don't forget that you can smile in Spanish!

Church Service: In Juarez, you will attend a Mexican church service. One or two members of your team will be asked to share words of encouragement with the congregation.

Identification and immunizations:

Missions Ministries and the U.S. State Dept. require that each member have a current passport to travel in and out of Mexico. Please make sure that you leave ample time before your trip to acquire a passport if you do not have one (at least six weeks). Resident aliens must present their Resident Alien Card to re-enter the U.S. You should get a tetanus shot if your immunization is not up to date (every 7 years). Check with your doctor concerning any other immunizations. Health alerts come up unexpectedly.

What to bring:

Casual clothing such as jeans, slacks for work in the Family Care Center and one nicer outfit for the evening church service. Please be respectful of the Mexican culture in your dress. Scoop, V-neck T-shirts or short shorts are not appropriate. Bring a Bible, sunscreen, first aid kit, camera and film if desired. A Spanish/English phrase book is also helpful. Also, please bring your personal medical information including the specifics of your health insurance in case of an emergency.

Getting there:

Driving teams rendezvous point for pick up is the Quality Inn in El Paso, 6099 Montana (Corner of Montana & Geronimo) El Paso, TX Phone: 915-772-3300, Take I-25 South from Denver to I-10 in Southern Texas, travel East on I-10 to Exit 28B in El Paso. Go to the first left (Geronimo) and then go North to Montana. Meeting time for driving groups is 2:00 PM. In case of an emergency causing you to arrive one hour or more past 2:00 PM, please call Chris Henshaw, Gary Fields or Bill Orange (numbers below). You will leave your vehicle(s) at the Quality Inn in El Paso and your team will be driven across the border in the Missions Ministries' bus.

Flying teams will be picked up at the El Paso airport baggage claim area around 2:00 p.m. Please plan to leave between 11:00 a.m. and noon the day of departure.

Contacts:

Gary Fields – Denver 303-371-3789 or 303-888-7700

Bill Orange - Juarez 720-220-9864

Chris Henshaw-Denver 303-771-3789

Quality Inn-El Paso 915-772-3300

In Case of Emergency, contact your team leader or Bill Orange.

Leader checklist:

- ___ Call Missions Ministries Denver office to schedule your trip
- ___ Group Registration Form to Missions Ministries (due upon scheduling)
- ___ \$500 non-refundable deposit per trip to Missions Ministries (due upon scheduling; credited to the total team costs).
- ___ Liability forms (originals) to Missions Ministries (parents sign for minors, keep copies to bring to Juarez with you).

A Typical Day at the Family Care Center – Some Testimonials

Below are a few perspectives from members who have served in the Care Center:

From a team member: After spending five days in the Missions Ministries Family Care Center, I can only say this, “A totally blessed time.” This is due to patients who are *patient*, a facility that is clean and cool, translators that help communication between patient and doctor or nurse and support from Missions Ministries’ staff. A typical day is one in which we see as many patients as possible, sharing compassion and an encouraging smile.

From a pharmacist: It is early as you walk from breakfast to the care center. You pass by the gate to the street and see the anxious faces or those who came in the hope of receiving help for themselves and their children. You say “hola,” “Buenos dias,” or just say hello and enter the center for an exciting day. The gate opens and people pour in and sign up. All you have to do is practice your medical skills, extend helping hands, supply medicine and give hands-on treatment of illness in love and compassion, free of insurance, prior authorizations, HMO’s, PPO’s and all the other organizations we medical folks are so used to. What you get back is thanks (gracias) and blessings.

From an RN: I would say that at first I was overwhelmed because I had no idea what to expect. But once I started seeing patients and giving God control of the day, things worked really well. I was blessed by being able to see such a wide variety of ages with various problems. This created a fun challenge and learning experience to be able to remember skills and knowledge I hadn’t drawn from in a while. The missions staff made me feel more at ease with their attitude of great appreciation that we were there and the expectation that many Mexicans would be seen and helped. However, I didn’t feel pressured to see everyone that walked in the door, as that would have really overwhelmed me. I was able to focus on each patient one at a time and enjoy the experience. We really felt the presence of God while assessing and treating the patients. It’s an experience that can’t be duplicated without God in control.

Missions Ministries

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