



Winter 2010

Volunteers and Faculty Winter 2010

PROVIDERS

Cindy Robertson, MD
Pat Patterson, MD
Nuala Kavanagh,, NP
Jean Burton, NP
Ben Towne, MA ATC
Dan Wendel. RN
Margaret Ellis, FNP
Dave Baker, DDS
Lois Tiedeken, ANP
Michelle Stirling, FNP
Dave Hotstream, RN
Nancy Crotty, RN
Janice Locke, FNP
Angel Putney, RN
Meg Clews, RN
Tanya Rosenbaum, RN
Kathy Thornson, RN
Katie Dickie, RN
Mary Berg PT
Mary Connolly, ATC

INTERPRETERS

Priscilla Doel
Janice Jaffee
Elizabeth Baldacci
Anne Grimes
Rebecca Marvil
Katherine Littleton
Jessica Williams
Stephanie Oliver
Sam Oliver
William Consoli
Mike Dalious

PROGRAM SUPPORT

Marcia Chaffee
Rob Baldacci
Troy Crotty
Katherine Korniotos
Kate Stephens

FACULTY and TEAM LEADERS

Jean Burton, NP, Trip Leader
Ben Towne, MA ATC, Safety Officer
Cindy Robertson, MD, Medical Director
Michelle Stirling, NP, Team Leader
Lois Tiedeken, NP, Team Leader
Janice Jaffe-Interpreter Leader
Lucas McDonald-Safety Assistant

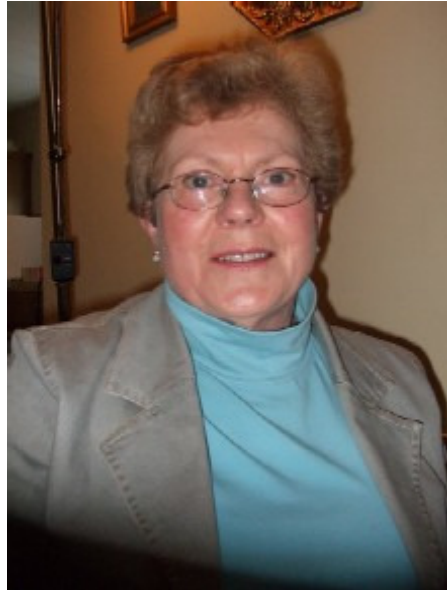


Volunteers



Winter 2010

Nuala Kavanagh, NP



Nuala Kavanagh is a Nurse Practitioner who is currently living and working in Ireland. She completed High School in Ireland but received her nursing training in United States. She completed her Master's in Nursing at Michigan State University and worked for Ingham County Health Department and Tri-County Community Mental Health for 20+ years while living in Lansing Michigan. For five of those years she also worked as clinical instructor at Michigan State University in the Master's program.

She was introduced to PRHDR through her daughter Gemma who worked as an interpreter for the group when she was in Peace Corps in Dominican Republic. Over the past eleven years, Nuala has volunteered in various provider capacities for the group as needs arose. More recently, she has been the pharmacist and enjoys this role as she gets to work with various student nurses and has much contact with the providers as they go about their work.

Over the past few years Nuala has become aware that some of the girls from the villages where we work are prevented from completing High School because of lack of funds for transportation, uniforms and other supplies. She is currently trying to raise some \$\$ to help some of these girls with the support of Fr. Raphael and his colleague at Fusimana.

The friendship and support of colleagues and the welcome of local village people each year renews and inspires Nuala to keep coming back in order to give back to others and give thanks for her fortunate life.

Priscilla Doel



Priscilla is a professor of Spanish and Portuguese at Colby College, where she has been teaching for more than forty years. Her courses range from Spanish Composition and Conversation to upper level literature courses such as Images of Women in Hispanic Texts; Questions of Identity, Space and Power; Don Quijote. Her favorite academic projects have been the publication of Port O'Call: Memories of the Portuguese Codfishing Fleet in St. John's Newfoundland (ISER Press) and "The Iconography of Power", a chapter in The Portuguese in Canada (University of Toronto Press). Her teaching, graduate and undergraduate work (NYU) took her to Spain, Portugal and Brazil.

Priscilla's "other life" is filled with volunteer work, such as interpreting for USM's School of Nursing in the Dominican Republic during the January session. Her part-time passion, however, is the work she carries out as Executive Director of Maine SAFE, a community based non-profit dedicated to helping people in Maine for whom English is not their first language (www.MaineSafe.org).

Priscilla comments about her experiences with the Partners for Rural Health Program as follows:

I don't remember how long I have been participating as a volunteer interpreter in the program. Eleven years? What pulls me back year after year are the people we serve, so deserving yet so under-served and neglected by their government. I always look forward to seeing certain faces in certain places. It is my privilege to do intake because I meet and greet each and every visitor to our clinics. Our outward-bound trips each day are filled with laughter and noise and hustle/bustle. But it is the homeward-bound trips of the late afternoon with the peaceful beauty of the rural mountain areas which refresh me, the return to Fusimaña after a busy day, the friendships we have formed with one another, the laughter, the camaraderie.

Daniel Wendel, RN



Daniel, a graduate of University of So Maine, is working as an RN with the Visiting Nurses Association at Home, Health and Hospice. He went to nursing school with an interest in public health and a hope to be able to work internationally as a nurse in developing countries. He has been to Kenya once and hopes to return. Dan joined the Dominican Republic health care mission in 2006 and now goes every 6 months, thus has been on this trip many times. He has served on the PRHDR Board for several years.

Pat Patterson, MD



Winter trips '06,'07, '09, '10 and summer trip '07

Pat is a Pediatrician at the Barbara Bush Children's Hospital at Maine Medical Center and Assistant Professor of Pediatrics, Tufts Medical School. Since her initial trip in '06, she has shared the experience on subsequent trips with her sons Ryan and Brady, as well as her husband, Rodger. Pat particularly appreciates the opportunity to combine teaching and patient care in the international setting to a needy population. The group's focus on preventative health and continuity of care through its return visits every 6 months have been major factors contributing to the rewarding nature of this work for Pat year after year.

Margaret Ellis, FNP



Margaret earned her a RN and Nurse Midwife from Great Britain, her Family Nurse Practitioner from the USM 1981, BSN from Westbrook College, and MSN from Simmons College. She has been Board certified as an FNP since 1981.

Margaret worked for many years directing the health care program at The Chewonki Foundation, six years in pediatrics and for the past 10 years at Martins Point in Brunswick. Recently semi - retired, she has done contract work with the Indian Health Service in Arizona on the Navajo reservation and in a Haida Indian village in Hydaburg, southeast Alaska.

Margaret has volunteered with PRHDR for the past four Januarys. She feels that it is a privilege to work with the underserved and is grateful to be in a profession that allows her to undertake this type of work.

The work in the D.R. also allows her to indulge in her other love – teaching nursing students. Her goal for them is to instill pride in their chosen profession and to strive for excellence in all that they do. As much as she enjoys the challenges of providing health care to the people in the remote villages of the D.R, it is the contact with the USM nursing students and the wonderful colleagues that keeps her returning.

Anne Grimes



When Anne talks about her volunteer work as interpreter with Partners she quotes Mother Teresa: “Kind words can be short and easy to speak, but their echoes are truly endless.” She enjoys interpreting because it gives her the opportunity to use her Spanish and finds it to be a wonderful way to connect one- on-one with the people in the remote villages in the mountains of the Dominican Republic. “I want to make a difference in someone’s life and I like to think that when I leave a village after interpreting for the day, I leave more than a simple exchange of words. I hope that each patient continues to feel our collective embrace until we return six months later. The reward comes with every smile and I consider it a privilege to serve each patient. The experience is truly heartwarming.” She also enjoys the special friendships she has made with doctors, nurses, interpreters and other volunteers while interpreting during the winter sessions.

She has a deep appreciation of trees and loves the rich forests surrounding the villages Partners serves. Before studying Spanish, she majored in Plant Science and graduated with a BS in Plant Science in 1976 from the University of New Hampshire. She is the former City Arborist and Superintendent of Forestry for the City of Portland and former President of the Maine Arborists Association.

Her other passion is serving the immigrant population in Maine. Currently, she is a Hispanic Studies major at the University of Southern Maine. Her internships included teaching English as a Second Language at Portland Adult Education and In-take/Greeter at the Food Pantry at Preble Street Resource Center, a day shelter. She currently does Intake at the Immigration Legal Advocacy Project. She tutors Hispanic students studying English as a Second Language and has taken medical interpretation classes in the Linguistics Department at USM and at Language Access for New Americans in Portland. She also serves on the Board of Directors of Partners for Rural Health in the Dominican Republic and the Portland English as a Second Language Scholarship Fund.

Dave Hotstream, RN



Dave first joined the PRHDR mission as an interpreter while living in the Dominican Republic as a Peace Corps volunteer, doing health promotion projects on the Haitian border. He was so inspired by the PRHDR volunteers and students that after returning to the United States, he went to nursing school in New Orleans and finally became an RN himself in 2007, while returning to both the Dominican Republic and Haiti numerous times (he's actually lost count) with the mission. Dave looks forward to helping new students develop their assessment skills and especially to introducing them to Dominican culture.

David Baker, DDS



I was in private practice general dentistry for twenty - five years in Norway and Auburn, Maine; as well as, a professor at the University of New England Dental Hygiene Program. This will be my fourth trip to the Dominican Republic with the USM Nursing School. Volunteering with USM is very rewarding because each trip serves a very needy population of wonderful people and every trip is so well organized to deliver care in a comprehensive manner to the patients and in an intense learning environment for the students. Dental hygiene students, as well as the nursing students, certainly have learned how vital preventive dental education can be to people living far from professional dental services.

Nancy Crotty, RN



Hello, my name is Nancy Crotty. This will be my fourth trip, and it is an amazing journey. I have been a registered nurse for over 30 years and loved my experiences in critical care, the college infirmary, as a nurse manager and now a nurse educator. My youngest son, Troy, will be again joining the group. His oldest sister and brother left behind in Massachusetts to keep my husband and pup happy. I look forward to meeting and working with all of you.

Elizabeth Baldacci



Elizabeth serves as a translator on the January trips, and became involved with PHRDR in 2005. Elizabeth was an International Economics major and Spanish minor at The College of William & Mary, and has lived in both Spain & the Dominican Republic. Coming from a family of healthcare professionals, Elizabeth has a high comfort level translating in a healthcare environment and enjoys working with the physicians, nurses, and students and being an integral part in the delivery of care and service to those most in need.

Marcia Chaffee



Marcia has over 30 years of professional experience working with non-profit organizations that serve refugees and immigrants. After teaching ESOL to adults for 15 years, she was the Director of Education Services for 16 years at the International Institute of Boston, a multiservice agency that assisted newly arrived refugees and immigrants. Her specialties in this work included basic literacy for non-literate immigrant adults, teacher training, and refugee mental health. She has written or contributed to several teacher training publications and curricula, and served on the Board of Directors with the Massachusetts Coalition of Adult Educators and on the Community Advisory Council for the Boston Adult Literacy Fund. She continues as a consultant for programs in Adult Education in ESOL.

Her international volunteer work has been in helping to create a library and literacy program in rural Tanzania, and with PRHDR, which she first joined in January 2005. She feels privileged to have been part of the mission of PRHDR, bringing health care to underserved remote areas, and participating in the richness of the cross cultural experience for nursing students, volunteers and villagers. The teamwork and dedication of everyone involved has been a source of inspiration and commitment to her continued participation, both as a volunteer now on her third trip, and as a member of the PRHDR Board of Directors.

Janice Locke, FNP



I am a family nurse practitioner currently providing rural primary care in Washington County, Maine. Before moving downeast, I worked at Student Health Services at USM and at a community health center in Hatch, NM. I am a 2004 graduate of USM's option NP program.

I first participated in the Dominican Republic partnership in 2002. It was a life changing experience for me, not the least of which because it was where I met my husband Aneury, who was a community volunteer in Lajas. We now have 2 young daughters who keep us busy. I have been back several times over the years with and without the medical group. I look forward to working with the group again and meeting all of you!

Rebecca Marvil



Rebecca is originally from Puerto Rico and currently lives in Houston, Texas where she is a free-lance documentary producer.

Rebecca earned her B.A. in geology from Earlham College and her M.Sc. in marine geology from Brown University. Although she began her journalistic career as a science writer and a producer on science documentaries, Rebecca has worked on historical, cultural and children's projects as well. Rebecca has worked all over the world in the last twenty years but is especially fond of the children's television programs she made in Puerto Rico and the Dominican Republic.

Because of her cultural and family ties with the Spanish speaking Caribbean, Rebecca feels it's an honor and duty to be a volunteer interpreter with PRHDR.

Angel Putney, RN



Angel is a new nurse who recently graduated from the USM nursing program. She has a strong interest in public health, and enjoys working with and learning about other cultures. She first went to the Dominican Republic with the Partners in Rural Health as a nursing student in August 2008. She was very inspired by the work that the project is doing there as well as the connections the project had made in the rural communities. Her passion for providing direct patient care, addressing public health needs, as well as working in a mentoring role to other students has resulted in her return as a volunteer in January 2009 and again in January 2010.

Meg Clews, RN



I graduated from USM in August '08 with a BSN and I am now working in the Emergency Department at Central Maine Medical Center. I recently completed a week long Wilderness Advanced Lifesaving course with WMA. I live in Brunswick, ME with my husband and two daughters. My first trip was as a nursing student in January '08, and I had such a wonderful time, I returned as a volunteer in January '09.

In the past, I have worked as an Outward Bound instructor, and I also have a Master's in Education. I taught for a few years at a Waldorf school in Freeport. My interests are biking, cross-country skiing, knitting, hiking with my family, and sewing. I love animals and became quite good friends with the two dogs at Fusimana last year. I speak enough Spanish to get by!

Tanya Rosenbaum, RN



I graduated from USM in 2007 and have been a post-partum nurse at Massachusetts General Hospital since then, where I enjoy working with an international population, many of whom are Spanish speaking only. I love traveling and have explored much of South America as well as other parts of the world. This is my second time going to the Dominican Republic with PDRH. In the future I hope to be involved in more international healthcare work. I look forward to meeting all of you.

Troy Crotty



Hello, my name is Troy Crotty. I am from Massachusetts and I attend the University of Idaho. My mother, a nurse, is also traveling to the Dominican, for the fourth time. While I don't have any medical experience, I am going to help out however I can. I had some travel experience during the summer of 2006 when I was in Russia, and the following summer in Europe. Both trips were with a high school study abroad program called Lead America and were life-changing experiences. I plan to make another one out of this winter's trip to the Dominican Republic.

Mary Berg, PT



I am a Physical Therapist and have been practicing since 1970. I graduated from Boston University and worked in Boston for the first several years of my career. I then traveled to Colorado, where I decided to join the ski bum world and was there for 7 years, married and then moved to Maine. I have a wonderful husband and 2 adult children who support me and encourage me to fulfill this dream. I have ALWAYS wanted to do a medical mission and have talked to many people over the years about where they had gone and what they had done. I have over 20 years experience in acute care, practiced at every level of care in large medical centers and have seen a lot of traumatic injuries, complicated surgical cases, vascular disease and complications of diabetes. I have worked with all age groups and love working with people, contributing to their wellbeing.

Last year was my first trip to the DR and I am hooked! I felt fulfilled and appreciated, knowing I had contributed something to the education of nursing and AT students, as well as giving education and treatment to the residents with whom I came in contact. Meeting caregivers, whether they are nurses, interpreters, doctors, AT students or faculty, listening to their tales of why they come is enriching. The pace is frenetic and exciting. Everyone comes together each morning, with the common cause of having a successful day. Working with an enthusiastic staff, critically thinking of how to make a situation productive with limited resources and time is challenging. The clinic days fly by, lunching on PB+J sandwiches and bug juice. Driving back and forth in trucks to villages that welcome us with pride and thankfulness is joyful. Going into homes, sipping on that wonderful coffee as one hears the stories and accepts the compliments, all the while figuring what it is that can be done to make an impact on lives so deprived of simple medical care. I came home “pumped up”...have been collecting “stuff” all year. I only hope we can pack it all in. There is so much to do.

Mary Connolly, ATC



Mary is a graduate of the Athletic Training program at the University of Southern Maine. She recently passed her certification exam.

Mary is currently working at Cocheco Valley Humane Society in Dover, New Hampshire, as an animal care technician. While she is very passionate about caring for animals she hopes to continue her education in the near future.

The winter 2010 trip will be her third mission with PRHDR.

Robert Baldacci



Rob is the oldest of 8 children, (including Governor John Baldacci) born in Bangor, Maine. He graduated from the University of Maine with BA and Masters Degree and is currently President of Baldacci Group in Portland, Maine, a business and real estate development firm. Rob is a partner in the recent acquisition of the Portland Press Herald, Kennebec Journal and Waterville Sentinel papers. He is also a partner with the New York investment banking firm of GroupArgent. Rob was the former Chairman of the Finance Authority of Maine, and Vice Chair of the Maine Guarantee Authority, He and Elizabeth were married this year and reside in Cumberland Foreside.

Michael Dalious



Mike, a returned Peace Corps Bolivia volunteer, is currently an outreach manager at La Clínica del Pueblo, a federally qualified health center in Washington, DC serving the Latino community. He has an undergraduate degree in Biology and a Masters in International Development Studies from George Washington University. He is pursuing a career in the development of global health systems. Mike heard about the mission in 2008 while visiting friends in the DR. This winter's trip will be his third trip serving as an interpreter.

Katherine Korinotes



Katherine is a nursing student at USM and expects to graduate in May 2010. She has a particular interest in midwifery, women's health, and holistic care. She traveled to the DR for her nursing partnership in August 2009 and is thrilled to be able to return in January as a volunteer. Katherine believes that this trip is a uniquely significant opportunity, both for those receiving health care and those delivering it. Together, PRH and these rural communities become part of a larger mission: an act of humanity.

Kate Dickie, RN



Kate graduated from Lafayette College in 2003 with a major in Economics and Business. Following graduation she moved to New York City where she was offered a job in the event planning industry. After 3 years, Kate realized that her true calling was in health care. She was accepted into Regis College's accelerated nurse practitioner program and is on schedule to graduate as a family nurse practitioner in May 2010. While in school, Kate has worked as a cardiac nurse at North Shore Medical Center in Salem, MA. Kate's passion is to provide excellent health care to the underserved and she is looking forward to reaching out to the Dominican population.

Kathy Thorson, RN



I'm Kathy. I'm a graduate student in the family nurse practitioner (FNP) program at USM. I live in Brunswick with my family (1 husband, 2 elementary school kids, and 2 cats) and work as an RN in the local emergency department. During one summer in college (long ago), I volunteered on a housing and community health project in Agua Prieta, Mexico. For so long, I've wanted to do something like that again and am thrilled to be going to the DR this January.

Jessica Williams



Jessica Williams is a senior at Colby College in Waterville, ME. She is a Spanish major and is undergoing the Pre-Med track and plans to become a bi-lingual psychiatrist. She enjoys working with kids and is a part of Colby's mentoring program, Colby Cares About Kids (CCAK). Jessica is a huge supporter of community service within and outside of the United States. She has done volunteer work in Chattanooga, TN; Waterville, ME; Kingston, Jamaica; and Lima, Peru.

Kate Littleton



Katie is a senior at Colby College who is currently studying Biology with a minor in Chemistry and a concentration in Spanish. It is her plan to graduate, work for a year, and apply to medical school. She recently returned to the US after spending a semester studying abroad in Salamanca, Spain, where she worked in a hospital shadowing a neurosurgeon. She has a tremendous interest in international healthcare, and is excited for the opportunity to be a part of a healthcare outreach initiative such as the Partners for Rural Health.

Stephanie Oliver



Stephanie Oliver teaches first-year Spanish at Portland Community College in Portland, Oregon. She has lived in Puerto Rico, Perú, Chile and Venezuela and traveled extensively in Mexico and Spain. In 2002 she took part in a two-week mission to build latrines in rural Nicaragua.

She retired from a 20-year career in journalism and public relations, working for The Oregonian, the largest daily in Oregon, before returning to her studies of Spanish and history. She has an MA in Spanish language and literature from Portland State University.

After taking part in the PRHDR mission in January, she will travel to Celaya, Mexico where she will be reading the 18th century diaries of a Franciscan nun as primary research for an MA thesis in history. She is looking for a return to the Caribbean, a part of the Spanish-speaking world she dearly loves.

Sam Oliver, Esq



Sam Oliver is a Staff Attorney with Catholic Charities Immigration Legal Services in Portland, OR. He represents immigrant survivors of domestic violence, serious crimes, and human trafficking. Sam also coordinates the development and presentation of trainings of social service providers, attorneys, and law enforcement officials on obtaining immigration benefits for survivors of domestic violence, serious crimes, and human trafficking. Sam received his Bachelor of Arts from the University of California at Berkeley in 1991, and graduated from Willamette University College of Law in 2003.

Kate Stephens



I am Kate Stephens from Maryland. I am married with 3 college age children. My sister, Dr. Pat Patterson, has invited me to join her on the Dominican Health Mission. My formal training is in economics but I have done a wide variety of both paid and unpaid work. I am currently a volunteer with the primate program at the National Zoo in Washington DC and a substitute teacher in the local public school system. I have lived and traveled overseas extensively, sometimes off the beaten path. I am very excited about being able to contribute my time and effort to such a worthwhile cause.



Faculty and Trip Leaders

Winter 2010

Jean Burton, NP



I first attended the program in 1997. It was an accelerated, condensed and improved version of my Peace Corps Micronesia adventure, 10 years earlier. I have since returned in roles of student, faculty, volunteer provider, and team leader, five times with my daughter Abby, who is interested in international health and medical interpreting. I currently work as a psychiatric NP in Portland.

The blend of students and volunteer providers is always inspiring and refreshing. I look forward to seeing old friends and making new friends on each mission.

Cynthia Robertson, MD



Dr. Robertson fell in love with Latin America at 16 as an exchange student in Ecuador. Her junior year from the University of Rochester was spent in Spain at the University of Madrid, and she earned her MA in Latin American Studies at Stanford University in 1966.

Cindy and her husband Bob McLaughlin devoted 10 years to the War on Poverty, then to teaching English in Maine 's public schools. Teaching remains an important focus in her life as part time faculty at UNE medical school and preceptor to more than 50 medical students for clinicals.

She graduated from Tufts Medical School in 1980 and completed residency at Maine Dartmouth Family Practice in 1983. As a National Health Service Corps Scholar, Dr. Robertson has served at the Bingham Area Health Center in a town of 1000 for 26 years, currently in practice there.

Having first volunteered with PRHDR in 2001, she has had the privilege of sharing the experience with their two sons, James and Tim, and her husband Bob (past president of PRHDR) and with many colleagues and friends. She has been on the PRHDR Board for several years.

Cindy feels strongly that the benefit of this project is multifactorial:

- to provide quality health care every 6 months to people who without it would have little or none
- to demonstrate to students the value of hands on medical skills
- to strengthen commitment to transdisciplinary team work
- to help us all become more responsible neighbors and citizens of the world.

Ben Towne, MA ATC



Ben joined in 2007 and has been on five previous missions to the Dominican Republic. Ben immensely enjoys working with interdisciplinary health programs and promoting the athletic training profession. He currently leads students twice yearly to the Dominican Republic for an International Service Learning Course and also serves as an athletic trainer for the U.S. Bobsled and Skeleton Teams, traveling regularly around the globe. He also serves on the International Council for the National Athletic Trainers Association and is active in the World Federation of Athletic Training & Therapy. He has presented at the state and national level on International Service Learning in Athletic Training Education. He was the recipient of the 2008 USM Faculty Service Award, and was also awarded the 2008 Mike Linkovich Grant and the 2009 OA Centers for Orthopaedics Professional Scholarship Award. Ben earned his MA in Physical Education at Western Michigan University and a BS in Sports Medicine at Lyndon State University in Lyndonville, Vermont.

Janice Jaffe, PHD



Janice Jaffe has been a professor of Spanish and Latin American Studies since 1988, and began interpreting, for Latin American refugees seeking asylum in the United States, when she was a Ph.D. student at the University of Wisconsin in the 1980s. At Bowdoin College and USM she has taught translation courses and supervised students in translating documents for the Hispanic immigrant communities in Maine. She also teaches the *Basic Skills of Interpreting* course to immigrants for the United Way's *Language Access for New Americans* program.

She deeply admires the dedication of the USM nursing students and health care professionals associated with PRHDR, and is honored and humbled to have the opportunity to interpret for them in their work with our Dominican patients. Janice also loves supervising students of Spanish as they practice and enhance their interpreting skills. She looks forward to returning to the D.R. in January to greet old friends and meet new ones in the villages where PRHDR works.

Lois Tiedeken, ANP-BC



Lois is an adult nurse practitioner, working in Internal Medicine in Portland with a focus on Diabetes, Care Management, and Women's Health. She first traveled to the Dominican Republic with USM when she was a graduate student at Simmons College in 1997. The January 2010 trip will be her fifth. Lois is excited to now be part of the adjunct faculty, enjoying her increased interaction with students as well as more involvement with community leaders. She is proud to have been part of this unique program for 13 years.

Lois is grateful for her family and friends who join with her to enjoy boating, gardening, yoga, shelling, baseball, dancing, the Patriots and the comfort of her home on Peaks Island.

Michelle Stirling, FNP



Hi! My name is Michelle Stirling, I am a Family Nurse Practitioner and this is my 5th trip with USM/PRHDR, my 2nd as a team leader!

I started on this trip as an RN student, then an NP student, then a volunteer provider and finally as a team leader. I think that the most wonderful thing about this trip is that we endeavor to listen to the needs of our communities, rather than imposing what we think they need on them. I love working with great students, providers and volunteers and seeing how the trip impacts first-time participants. I think that everyone in the world should go on this trip, no matter what your profession is... all you need is generosity of spirit and you will have much to offer! :)

I live in Portland, ME and work in a neighboring city in a busy internal medicine practice. Although I am an FNP, I don't see any kiddos and rely on the wisdom of the family practice and pediatric folks on my team! I love working with the acutely ill, inpatient and outpatient, and am always up for some wound care. I am into sports, dogs, chocolate and reading and spending time with friends and family. Welcome to the trip!

Lucas Macdonald



Lucas will be serving as the January trip's Assistant Safety Guy, and lives his life by the motto "Safety First!" He is about to graduate in December from USM's Decelerated Nursing program and is very excited to be done with school for a wee bit. He went on the trip this past August and had an absolutely amazing time. He has in a degree in International Studies and a long history of being an international man of mystery, and envisions a future, which combines his interests in international development and community health nursing.