



**WINTER 2014**

## Winter 2014

### PROVIDERS AND MENTORS

Tracey Arno, RN  
Mary Berg, PT  
Nancy Foote, NP  
Skip Green, LPN  
Lindsey Harris, RN/EMT  
Andrew Hilty, RN  
Katherine Korniotos, RN  
Susan Mason, RN  
Molly Radis, RN  
Kimberley Reuter, RN (not pictured)  
Cynthia Robertson, MD  
Madeleine Rockey, RN  
Kristin Roosa, RN  
Jim Seely, MD  
Abigail Wikoff, RN

### INTERPRETERS

Susannah Higginbotham  
Sarah Shepley  
Genie Wheelwright

### SUPPORT

Peter Brooks – Intake/Door  
Nora Foote – Intake/Door/Interpreter  
Judy Green – Intake  
Kaija Petrone – Intake/Door  
Virginia VanDyke – Intake

### FACULTY AND TRIP STAFF

Jean Burton, NP – Trip Leader  
Patricia Ingwerson – Safety Officer  
Janice Jaffe – Faculty – Lead Interpreter  
Whitney Lutz, PNP – Trip Leader  
Lucas Macdonald, RN – Safety Officer Assistant  
Lois Tiedeken, NP – Trip Leader  
Daniel Wendel, RN – Equipment Manager



## VOLUNTEERS

## Tracey Arno



Tracey has been an RN for 25 years with a focus in critical care. She recently worked in a community setting providing services to home bound individuals and their families to include hospice services. She also works full time at Husson University in the undergraduate nursing program as a coordinator of Simulation and the Learning Resource Center. She will be graduating December 2014 with her Master degree in Nursing Education.

This will be Tracey's first trip to the DR and she is very excited about it. She has a very supportive family that consists of a husband of 25 years and 2 daughters who are at Husson University majoring in Occupational Therapy. One of her daughters will be making the trip to the DR this time as the first OT student to be taken from Husson University.

## Mary Berg, PT



I love challenges and thinking outside the box! As a Physical Therapist, this will be my 5th trip in as many years. I come with experience in acute, subacute and OP areas of health/rehab care. Practicing for 40 years, I have worked with all age groups. The past 30 years have been in the Portland area. Team approach in delivering care in the DR is unique, with students experiencing the culture and practicing their skills. Challenges with limited resources and time are approached with collaboration and critical thinking. Villagers greet us with great pride, are full of thankfulness and joyful for the care we are able to provide. Laughter is key! The organization of PRHDR is unique and I am thankful that I can share in the delivery of medical care with such dedicated and loving people!

## Nancy Foote, NP



Nancy Foote (left) is a pediatric nurse practitioner who has worked in a rural primary care practice for over twenty years. She has also served as a board member and currently as a volunteer for Good Beginnings of the Upper Valley, a non-profit organization that provides support to young families. Nancy and her husband Rob live in Hartland, Vermont and have three adult daughters. Nancy is grateful to have this opportunity to volunteer and to work together with PRHDR.

## Skip Green, LPN



Skip Green spent fifteen years as a volunteer EMT for a local rescue service, which led him into nursing. He worked for ten years with dementia patients, and the past four years as a prison nurse. Ever since he spent two weeks in Honduras with a volunteer group after a landslide, he has been hoping to join the PRHDR group. He enjoys hiking and traveling, and spending time with his four grandchildren, and he plays a mean blues harp.

## Lindsey Harris, RN/EMT



I graduated from Colorado College in 2008 with a BA in Political Science and two minors – one in Environmental Issues and the other in Studio Art. During my junior year at Colorado College, I studied abroad for a semester in Kalimpong, a small Himalayan Village in Northeastern India. It was this trip to India that sparked my initial interest in global health. When I finished my undergraduate studies, I became an EMT and spent four years working at an urgent care clinic in Colorado. I am just now finishing my Bachelors of Science in Nursing at New York University (graduating December 2013). I hope to work as an emergency/critical care nurse here in the states but would also love to do international nursing, and hopefully return to India. This will be my first time volunteering with PRHDR.

## Andrew Hilty, RN



Andrew Hilty moved from his native San Francisco, California to Maine in 2012 to attend the Nursing Options, Family Nurse Practitioner program at the University of Southern Maine in Portland.

Throughout his high school and college years, Andrew developed a passion for service work, and participated in humanitarian aid trips across the United States and internationally in Mexico, Guatemala, and Zimbabwe. During his junior year at the University of California, Santa Barbara, Andrew spent a semester studying in Madrid, Spain, where he improved his fluency with the Spanish language, and gained valuable experience living abroad. After graduating with a degree in English Literature and a minor in Philosophy, Andrew returned home to San Francisco, where he began pursuing his current career in health care by working as a lab tech at the University of California, San Francisco.

In his first year as a graduate student at the USM, Andrew joined Partners as a Graduate Assistant, helping facilitate student activities, and also became an active member of the PRHDR board. Winter 2014 marks Andrew's second trip to the Dominican with Partners, and he is excited to hike to Los Hobos, to jam on guitar and harmonica with other volunteers at Fusimaña, and to reconnect with the amazing health promoters he met on his first trip to the Dominican in 2012.

## Katherine Korinotes, RN



Katherine was a nursing student at USM and graduated 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.

## Molly Radis, RN



Molly, a graduate of Bates College, is currently working in Portland and taking science classes at the University of Southern Maine. Molly was recently accepted to graduate school and plans to enroll in a Pediatric Nurse Practitioner Accelerated Masters Program this coming fall. Molly studied Psychology at Bates and has extensive volunteer experience in the field of health care. Her senior thesis at Bates was on the relationship between exercise and cognition in young children. Molly has traveled abroad, but never volunteered for a health care mission. She is looking forward to working with Partners for Rural Health and making her first venture into the field of nursing and healthcare!

## Cindy 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 (pictured above, 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:

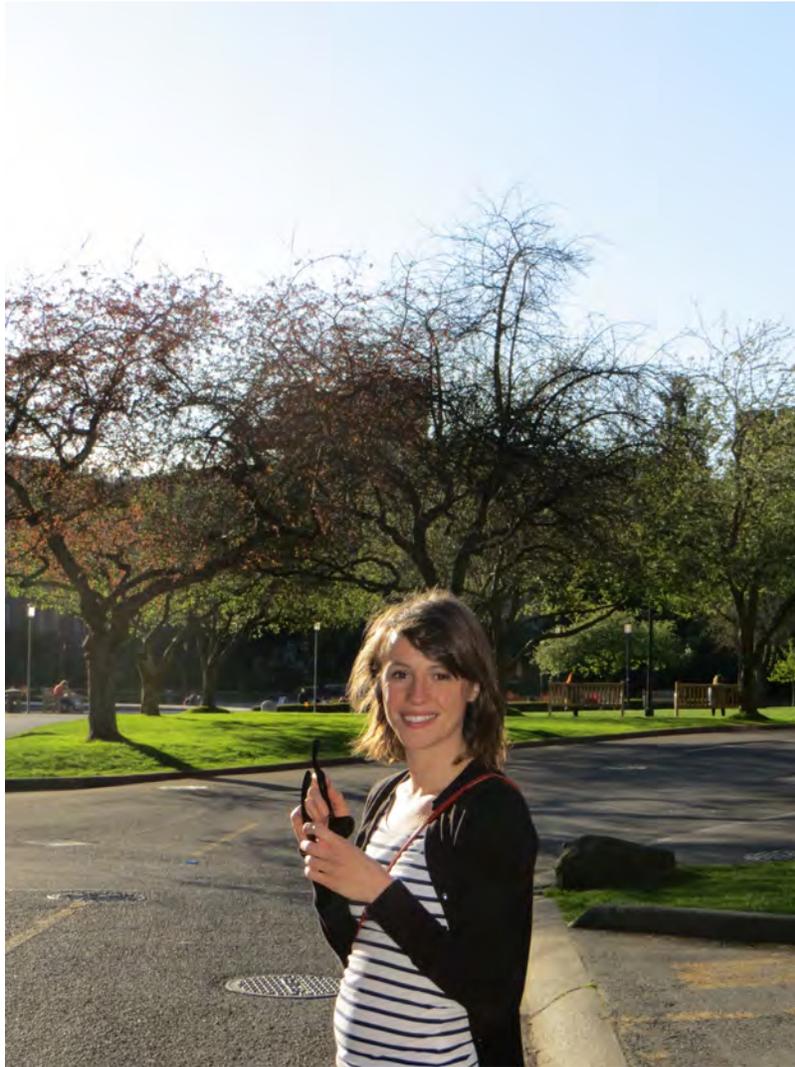
- to provide quality health care every 6 months to people who without it would have little or none
- to demonstrate to students the value of hands on medical skills
- to strengthen commitment to transdisciplinary team work
- to help us all become more responsible neighbors and citizens of the world.

## Madeleine Rockey, RN



Madeleine Rockey is a registered nurse currently working at Fox Chase Cancer Center in Philadelphia, PA. Previously, she worked at Maine Medical Center and volunteered as a USM student with PRHDR in January 2011. She is excited about the work PRHDR does and is grateful for another chance to work with such an inspiring group.

## Kristin Roosa, RN



Kristin Roosa has been working as a nurse for the last 6 years in Seattle. Currently she works on a trauma surgery unit and loves it! She spent 6 weeks doing nursing work in Vietnam during college and has been eager to do similar work ever since. She has a big interest in public health and hopes to do that work in the US in the future as well. She loves people, new cultures, music, yoga, and recently became a birth doula. Going to the Dominican Republic with PRH will be fantastic!

## Jim Seely, MD



Jim is a family doc currently working at Fair Haven Community Health Center in New Haven, Connecticut. Though this is his first trip with this group, he did complete and thoroughly enjoyed three previous medical missions in 2012 and 2103 in the same region of the DR. He is eager to return to the area and looking forward to lodging in the mountains instead of at an all-inclusive resort on the beach.

After majoring in Physics at Swarthmore College (with a minor in Ultimate Frisbee, and a concentration in Hacky Sack), Jim then spent time as a brigadista in Nicaragua and with American Friends Service Committee in Mexico doing community development work before teaching for 4 years and finally ending up in medical school at SUNY Stony Brook.

Jim enjoys working as part of group, teaching and empowering and learning from others along the way. He is the proud father of Sophia and Oscar, who will hopefully accompany him on future trips.

## Abigail Wikoff, RN



Abigail is currently attending Yale School of Nursing in an accelerated nurse practitioner program. She is an RN and is working her way to become a rural FNP in Vermont. Abigail has volunteered in Nicaragua with the program El Porvenir and was able to help build latrines, plant trees and test the water quality of different communities throughout Nicaragua. She loved her experience with El Porvenir and is looking forward to volunteering as a nurse on her first mission with PRHDR!

## Susannah Higginbotham



Susannah Higginbotham is a sophomore at Sweet Briar College in Virginia, where she studies ancient and modern languages, and is a leader in the Outing Program. She first began learning Spanish in the sixth grade when she lived and attended school in Madrid, Spain for a year. She has been studying the language ever since, and has traveled to Spain several times, but this will be her first time in the Dominican Republic. She is very much looking forward to helping PRHDR as an interpreter, and to getting to know another Spanish-speaking culture.

## Sarah Shepley



Sarah Shepley is a full time artist and interfaith minister. She teaches bookmaking, printmaking and writing classes throughout Maine and New England.

Ordained in 2011 from the Chaplaincy Institute of Maine, Sarah's ministry includes being a celebrant, offering UU services and volunteering her time at the Center for Wisdom's Women where she facilitates creative expression with the women.

She is on the core faculty at ChIME.

In the spring, Sarah plans to complete a week long program called: **Awakening the Creative Spirit: experiential education for spiritual directors in the expressive arts.**

Sarah Lives in South Paris, Maine with her husband. Together they have 3 children.

## Genie Wheelwright



Genie currently teaches Spanish at Bowdoin College and also is a mediator in the Maine courts. She has lived and traveled in many different countries, including 5+ years in Latin America and Spain. What started it all off was a summer giving immunizations as a volunteer with Amigos de las Americas in Nicaragua. Genie has never before been to the Dominican Republic.

## Peter Brooks



Pete is the farm manager of a 100 goat dairy in West Pawlet, VT. He is a graduate of Hobart College in Geneva, NY where he studied Environmental Studies and Biology. After college he worked for two years on a non-profit educational dairy farm in Connecticut before moving to Vermont. He has travelled abroad to Europe, Australia, and New Zealand. This is his first time volunteering on this trip and he is very much looking forward to it!

## Nora Foote



Nora Foote is a junior at Lewis and Clark College in Portland, Oregon where she is studying political science and working as an intern for an environmental urban planning firm. Nora grew up in Vermont, spent her senior year in high school as an AFS student in France, and then served for a year with City Year Boston before beginning college. Nora is grateful to have this opportunity to volunteer and to work together with PRHDR.

## Judy Green



Judy Green has a degree in linguistics (although she studied German and Chinese instead of the far more useful Spanish), and is currently a Literacy Volunteer teaching ESOL and basic literacy to adults. She spent thirty years as the Director of Adult Education for the Oxford Hills School District, but has since retired to become a full-time grandmother, while hiking, traveling, and writing mystery novels on the side.

## Kaija Petrone



Kaija moved to Maine from the West Coast at the age of six. She is currently a senior in high school and is enrolled in the International Baccalaureate Diploma Programme. In addition to her busy academic schedule, Kaija works at a Portland-based interior design firm, plays volleyball and volunteers for various organizations. On weekends Kaija enjoys being outdoors, surfing and spending time with her family. Kaija has always had an immense love for travel and for engaging in cultural experiences. As a seventh-year Spanish student, Kaija looks forward to traveling to the Dominican Republic and cannot wait to engage her language skills and compassion to make a meaningful difference to the people in the Dominican and to the PRHDR organization. ¡Salud!

## Ginny VanDyke



I retired from teaching 3 years ago and that winter I experienced my first trip to the DR with PRHDR at which time I discovered a love/hate relationship with the medical records. I am looking forward to this year's return. My current passion is travel and I have made a pretty good job of it: hiking trip in Romania, boat down the Amazon, safari in Tanzania and after this trip to the DR Cuba and a walking trip in Wales are on the horizon. Who knows what will be next – I am open to suggestions.



## FACULTY AND TRIP STAFF

## Jean Burton, NP – Team Leader, Faculty



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.

## Patricia Ingwersen – Safety Officer Assistant



Patricia Ingwersen is a Hispanic Studies Major at The University of Southern Maine. She is a native Mainer who currently works and lives in Portland.

Patricia spent her junior year of high school as a Rotary exchange student Obera–Misiones, Argentina. She attended classes at Armadeo Bonapland Nacional. Patty returned home and graduated high school in 2001. From 2002–2004 Patricia studied French at L'ecole Migros in Geneva, Switzerland and worked as a live–in nanny for three young children. She has studied in Spain at Universidad de Santiago de Compostela, as well as at Pontificia Universidad Catolica de Valparaiso in Chile. She has traveled extensively throughout South and Central America.

Patty first joined Partners as a student interpreter in January 2008. As a Member of the Board of Directors for PRHDR, Patty will continue to involve her local community in future PRHDR efforts. She is passionate about supporting efforts which promote community health on a global level.

## Whitney Lutz, PNP – Team Leader, Faculty



Whitney Lutz is a Pediatric Nurse Practitioner with over 25 yrs. experience working with children in hospitals and primary care settings. She taught at the University of Southern Maine for 5 yrs, participated in multiple Dominican Republic trips and continues to help lead trips to the DR focusing on pediatric nursing. “Nursing opens so many doors in the international arena and helping those in greatest need is why I went into this profession.” Whitney has participated in medical trips to Tanzania, Mexico, Peru, and recently Haiti. Currently, she works full time in private practice at Waterville Pediatrics in Maine. “This international service learning program is so vital, not only to the Dominicans we serve, but to the nursing students immersion experience into providing primary healthcare in a developing country. Once you experience it, you can’t help but come back again and again!”

## Lucas McDonald, RN



Lucas will be serving as the trip's Assistant Safety Guy, and lives his life by the motto "Safety First!" He graduated in December from USM's Decelerated Nursing program and is very excited to be done with school for a wee bit. He has been on many trips, and loves his time in the D.R.. He has a previous degree in International Studies and a long history of being an international man of mystery. He envisions a future which combines his interests in international development and community health nursing.

## Janice Jaffe, PHD – Lead Interpreter



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, NP – Team Leader, Faculty



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. Lois is pleased to 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 over 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.

## Dan Wendel, RN – Equipment Manager



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.