



MED TO ONE

Providing medicine for long-term needs, one patient at a time.

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Special points of interest:

- MED TO ONE now supports 50 patients in 3 locations
- Sponsors can write to their patients, pray for them, and make a personal connection
- Copies of the MED TO ONE Documentary are still available!

Want to be a MED TO ONE Sponsor?

Be a One to One Sponsor, and find out what a difference you can make in someone's life.

Sign up online at:
www.med2one.org or
Call 973-626-9928 or
Write us at:
PO Box 26
Bloomington NJ 07403

December is a time to look back at the past year, and to look forward at the year ahead. Looking back, MED TO ONE expanded from 2 locations to 3, and jumped to 50 patients. But those are just statistics. The patients are the true inspiration— those who are going back to school or working thanks to MED TO ONE'S support, or those who have "graduated" from the program and are now working to buy their own medicine. One patient at a time, and in more and more lives, MED TO ONE is making a difference. I thank you for all of your help and support in 2007, and hope you'll continue to walk with us next year.

-- Tauni Crefeld, President, MED TO ONE .

MED TO ONE and MMI: Affiliation and Confirmation

MED TO ONE has a wonderful growth opportunity which has the potential to launch MED TO ONE forward. MED TO ONE'S long-term vision has always been to support all of the chronic patients that are identified during Medical Ministry International (MMI) projects. That is a lofty goal, as MMI hosts approximately 65 one- and two-week medical projects in over 20 countries a year.



An MMI clinic in Lima, where MED TO ONE patients were identified.

When Tauni Crefeld was in Arequipa, she met with Brian Picuch, the International Director of MMI. In that discussion, Brian suggested that MMI and MED TO ONE strengthen their partnership. MED TO ONE and MMI already have an informal partnership, as MED TO ONE currently leverages MMI clinics in Peru and Bolivia to identify chronic patients, and two of MED TO ONE'S coordinators were recommended by MMI. The drive to partner is a confirmation that MED TO ONE has been providing a much-needed service for chronic patients, and that MED TO ONE could eventually serve all of the areas where MMI operates.

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MED TO ONE Trip Report: Peru

Aide plans to attend night school.

My goal in visiting Peru was to visit as many MED TO ONE patients as possible, and to live the daily life of a MED TO ONE coordinator. In

Nataly is able to continue her studies.



Lima, a city of six million spread out along the coastline and pushing up into the hills ringing it, a lot of our time was spent reaching the various shantytown neighborhoods where our patients live. We rode on vans and busses between districts, then took moto-taxis—a cross between a rickshaw and a motorcycle—up the hills. In the topmost part of many of the neighborhoods, walking is the only option, calling out to people for directions to our new patients, since there are no street



signs, and no marks on many of the houses. In Pamplona, a poor zone where about 15 MED TO ONE patients live, we spent most of the day going from house to house, over the dirt streets, up

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MED TO ONE is an official 501 (c)(3) charity.
www.med2one.org



Diana Garriaso Fernandez, age 26, epilepsy, Lima Peru.



Eder Machaca Torres, age 23, Epilepsy, Lima, with his mother



Julia Galarza Quispe, Arthritis, Arequipa

Meet MED TO ONE'S Newest Patients

The following patients were recommended by other **MED TO ONE** patients and were accepted for **MED TO ONE** support in November 2007 during Tauni Crefeld's visit to Peru.

Diana Garriaso Fernandez, age 26, epilepsy, Lima Peru. In addition to epilepsy, Diana has a slight speech impediment and is very timid. She lives with her mother, stepfather, and three half sisters. Her parents are separated. Diana and her mother do not get along, and her mother does not treat Diana well. Diana works doing laundry, and is shown in her laundry apron.

Nazario Celso (Eder) Machaca Torres, age 23, Epilepsy, Lima Peru. Eder works as a day laborer on construction. He prefers to stay near his home due to his seizures. He was initially diagnosed with epilepsy when he was 18 years old. Eder has three younger brothers, one is 22,

one is 6, and the other 4. His mother runs a state-supported soup kitchen in their home

Jhony Carlos Torres Hamani, age 30, Epilepsy, Lima Peru. Three of Jhony's fingers on his right hand have been amputated. He lives with his mother who has kidney failure.

Julia Galarza Quispe, 53, arthritis, Arequipa Peru. Julia has arthritis, which makes it difficult for her to work. She has 7 children, who are currently living with their father, from whom she is separated, as she didn't have the economic resources to care for them. Julia now lives alone outside Arequipa in the isolated community of Cerro del Norte.

Many of **MED TO ONE'S** newest patients are seeking a One-to-One sponsor. To become a sponsor, or for more information, please contact **MED TO ONE** at: info@med2one.org.

MED TO ONE and MMI (Continued)

What this means for **MED TO ONE** is quite possibly revolutionary growth. First, MMI will include an item about the **MED TO ONE** – MMI partnership in an upcoming issue of the MMI newsletter. This has the potential to dramatically raise awareness of **MED TO ONE** to a multitude of people who are sympathetic to MMI's projects, and would understand **MED TO ONE'S** goal of providing support for chronic needs. In addition, the MMI website (www.mmint.org) and the **MED TO ONE** website (www.med2one.org) will link to each other, and hopefully increase traffic on the **MED TO ONE** site. The partnership also means being able to leverage MMI's in-country staff to identify **MED TO ONE** coordinators.

For MMI, it means that **MED TO ONE** will be there to support the chronic patients identified on more of its MMI missions, providing the long-term support that MMI would like to, but is not designed to offer. MMI strives to meet the need for medical care among the world's poor with lasting solutions through excellence in medicine, pa-

tient care, and health education, and having **MED TO ONE'S** support alongside their existing clinic program can only further that goal.

Does it mean that **MED TO ONE** will be limited to supporting only MMI projects? No. **MED TO ONE** will still be an independent 501(c)(3) organization with its own governing Board of Directors. **MED TO ONE** will continue to support patients identified through other organizations, including Team Healthcare, and those that are referred by other **MED TO ONE** patients.

What are the next steps? **MED TO ONE** is currently researching various expansion opportunities, and will be discussing possible alternatives at its next board meeting. **MED TO ONE** will also continue its discussions with MMI to determine advantageous next steps. In the meantime, **MED TO ONE** will continue to support one location at a time, one patient at a time.

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the city-provided stairs that rise above the roads. Pamplona Alta has electricity, but does not have running water, and water is brought to the residents in trucks, for which they pay by the barrel. Outhouses dot the landscape.

In Lima, numerous **MED TO ONE** patients have epilepsy and I had the opportunity to meet many of them. Aide, 16, is unable to read because she had to quit school when the seizures started, but is now planning on attending night school. Nataly, age 8, won't have to quit school due to **MED TO ONE'S** support, her seizures under control. Pilar, is now able to care for her children without constantly worrying about when the next seizure will strike her. Eder, age 24, Peter age 20, Ernesto age 20, all grateful to have the chance to take the next steps in their lives. I also met Diana, Luz, Clara, Nicole, and many others, all of whom were grateful that someone was willing to help them, when the government wouldn't and they and their families couldn't. In Lima I also attended a bible study that Raquel set up, and met with a psychologist who is offering free counseling to our patients, two more ways **MED TO ONE** is seeking to minister to the whole person, not just care for their medical needs.

In Arequipa the patients are distributed throughout the city, not concentrated in shantytown neighborhoods as they were in Lima. Some of the houses of our patients were in middle-class looking neighborhoods, and the façades of the houses were respectable, two story adobe, but I was almost always surprised by what was inside the houses – one patient had a bedroom walled off, and the rest of the house was a corral for farm animals –goats and pigs, the 2nd story façade, in reality no more than a high fence for animals.

The patients in Arequipa had conditions ranging from epilepsy, diabetes, Parkinson's, Schizophrenia, and hypertension. They ranged in age from 17 years to 75, men, women and children.

Overall, I met about 30 patients, each of whom touched my heart and confirmed that we are doing the right thing. Other organizations are researching cures for diseases, offering one-and two-week clinics, performing one-time surgeries, etc. but only **MED TO ONE** is supporting

Trip Report —Continued

those individuals with chronic conditions who would otherwise have no help and no hope. As Jesus said in Luke 15 –4, “Suppose one of you has a hundred sheep and loses one of them. Does he not leave the ninety-nine in open country and go after the lost sheep until he finds it?” So **MED TO ONE** is going after and supporting the patients with chronic conditions, lost and forgotten by all others, and bringing them back into the flock, giving them hope.

My thanks to Raquel in Lima and Ducelia in Arequipa for taking me to meet each of our patients and for doing the work they do each day to care for our **MED TO ONE** patients.

MED TO ONE: In the News

MED TO ONE was featured in the Minot Daily News, on October 8th 2007. The local paper ran the article as **MED TO ONE'S** founder and president grew up in Minot and reached out to them to write the article and raise the awareness of **MED TO ONE** within the small town in North Dakota.

Feel free to submit **MED TO ONE** for an article in your hometown newspaper.

In their Own Words: Patient Letters

Sponsors have the unique opportunity to create a bond with their patient and encourage them. Below are the words from a patient in Arequipa with diabetes in a letter to his sponsor.

I am in treatment for diabetes and one more time I thank you for helping me. ... I have three girls - they are the reason for my life. They give me strength. I fight for my life for them. They need me. ... I don't tire of thanking you. Thank you. I don't know your name, but I imagine that you are a marvelous person. I know that thousands are like me, thankful, and I hope that you keep helping thousands of other people.

Writing to your sponsored patient is easy. Simply write a letter or email – English is fine!—and send it to **MED TO ONE**.



Nataly, age 8, epilepsy, (right) with Med to One's founder Tauni Crefeld in Lima.



Lady Diana, age 16, epilepsy, (center) with her mother (L), Med to One's Arequipa Coordinator Ducelia (R)



Pilar, age 27, epilepsy, (center) with her mother (right), Med to One's Lima Coordinator Raquel (left), and Pilar's children.



Santiago Arce, Arequipa, and his three daughters

What is MED TO ONE ?

MED TO ONE is a non-profit charity designed to provide long-term medicine and medical care for impoverished patients in third world countries who have specific medical conditions that require constant long-term care, such as epilepsy, diabetes, high blood pressure, or heart conditions.

While many organizations exist that provide medical visits and prescribe medicines on short-term missions, these organizations are not funded to provide more than a month's medication. Doctors in these organizations counsel patients to seek medical care or another prescription from a local doctor at the end of that month, but the economic situation



Some of Lima's littlest patients waiting to be seen at a clinic.

of many of these patients makes it impossible for them to obtain more medicines once they run out. **MED TO ONE** will provide medication and continued care and for patients with chronic conditions.

Ways to Get Involved

As **MED TO ONE** expands, so will the ways you can help. Here are a few ways to get involved:

- **Add MED TO ONE to your corporate “donor match” or giving campaign programs.**
- **Write to your local newspaper about MED TO ONE .**
- **Special Skills or Time.** Know anything about grant writing? Marketing? Willing to donate some time?
- **Do you have access to medicines?** Carbamazepine and glyburide are the medicines most needed by **MED TO ONE**'s epileptic and diabetic patients.
- **Help spread the word about MED TO ONE;** request a video to show to your church, small group, business, or organization Contact Tauni at info@med2one.org.
- **Rotary, Lions, or other club members,** arrange a date to discuss or show the **MED TO ONE** video. Tauni would be more than happy to present if possible.
- **ONE TO ONE Sponsorship.** Consider committing yourself to **MED TO ONE**'s mission of giving medicine to chronic suffers, one patient at a time.
- **Become a “Friend of MED TO ONE ” through a one-time donation.** Since **MED TO ONE** is continuing to expand, it needs the funds to support new patients until sponsors are identified. You can contribute through the **MED TO ONE** website, or by sending checks to **MED TO ONE** to PO BOX 26 in Bloomingdale NJ, 07403.
- **Pray.** **MED TO ONE** exists only through the Grace of God. Your prayer is essential to the continued success of **MED TO ONE**.

Upcoming Events

- **January. Meeting of MED TO ONE'S Board of Directors.** The board will be reviewing governance and processes and setting goals for 2008.
- **February 2nd—16th mission to Bolivia** with Medical Ministry International (MMI). **MED TO ONE**'s goal will be to identify additional candidates.
- **March 15th—22nd mission to Lima** with Medical Ministry International (MMI). **MED TO ONE**'s goal will be to identify additional candidates



Our next patient?

Board of Directors

Tauni Crefeld, President
Jon Crefeld, Artistic Director
Jill Quillian, Vice President
Chris Houlihan, Medical Director

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