



MED TO ONE

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

Also Inside this issue:

Meet the Newest Patients	2
FEATURED Volunteer	2
MED TO ONE brochures	2
Christmas in Peru	4
Upcoming Events	4



Tauni Crefeld with Eder, Dec 2008



Eder, Nov 2007, before Med to One

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Be a MED TO ONE Sponsor, and find out what a difference you can make in someone's life.

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Call 973-626-9928 or

Write us at:
PO Box 26
Bloomington NJ 07403

Last week I traveled to Peru and once again experienced the difference that **MED TO ONE** is making in the lives of its patients. One **MED TO ONE** sponsor also got the experience first hand, by visiting her sponsored patient Diana in Lima. While you may not be able to travel to Peru or Bolivia yourself, I hope the stories of the patients in this newsletter help you understand the impact **MED TO ONE** has – giving more than just medicine – giving opportunity, hope, and a chance at normal life. Please consider helping **MED TO ONE** give others the gift of a new life this Christmas season. Wishing you a happy and healthy New Year. --- Tauni Crefeld

MED TO ONE: PERU TRIP REPORT

I just came back from a one-week trip to Peru to visit many of the **MED TO ONE** patients in Lima, and to meet many of our newest patients in Ica, Peru. Every one of the patients I visited inspired me, and confirmed to me how necessary **MED TO ONE** is. Raquel, **MED TO ONE**'s coordinator in Lima, and I traveled in small van-sized busses to a different district each day, with the ride sometimes taking up to two hours to reach a patients' home. As Lima is a city of about 9 million, it is large, and spread out, and the roads are poor. The patients we saw ranged from age 5 to age 75 (or so), and covered conditions from epilepsy to diabetes, to thyroid conditions and cancer, with epilepsy being the most commonly supported condition. Below are a few stories of the patients we saw, and how they are conquering their life's hurdles, and how **MED TO ONE** is helping them do it.

Eder. Eder is a 24 year old with epilepsy living in Pamplona Alta, one of many shantytowns in the outskirts of Lima. Eder was enrolled into **MED TO ONE**'s program during my visit to Peru last November. When I met him last year, he was slumped in a chair; he'd had an epileptic seizure earlier in the day and was out of it. He couldn't focus, and couldn't communicate. He seemed depressed and just barely living. When I saw him last week, he'd been taking his medicine faithfully for over a year and his seizures were under control. If I didn't know better, I'd swear he was a different person. He was working on his family's home, sweating in the hot summer

(Continued on page 3)

SPONSOR VISIT

Sheryl (Sheri) Banks has been a **MED TO ONE** sponsor for a year. She is a nurse who traveled to Peru to volunteer with Medical Ministry International (MMI), and who learned about **MED TO ONE** on that visit. She asked to sponsor a patient in the Pamplona Alta area, a region in Lima she knew to be impoverished, and was paired with Diana. Diana is a 20 year old with epilepsy who had been accepted into **MED TO ONE**'s program only a few weeks before Sheryl signed on as a sponsor.

In October, Sheri returned to Lima, and was able to meet up with Diana, in **MED TO ONE**'s first sponsor-patient visit. Sheri was escorted to Diana's home by Raquel, **MED TO ONE**'s coordinator in Lima. Sheri met Diana and immediately noted that Diana was shy. Diana lacks confidence, as **MED TO ONE** has noted to be true of many of our patients with epilepsy. She grew up without being able to treat her condition, and was afflicted by seizures in front of classmates, neighbors, and friends. In addition, she is treated poorly by her mother, who is constantly berating her and bemoaning her lack of work. **MED TO**



Sponsor Sheryl Banks with patient Diana in Lima.

(Continued on page 3)



Ariana Angy Chávez Belisario



Yovana Arias Quispe



Marisol Rosenda Cáceres



Becky with patient in Arequipa

MED TO ONE's Newest Patients

MED TO ONE would like to welcome its newest patients in the Arequipa area.

Ariana Angy Chávez Belisario, 2 years, Meningoencephalitis, Arequipa, Peru.

When Ariana was 9 months old, she got a fever. The doctor told her mother that it was a urinary infection, but the fever didn't diminish. Three days later she started to convulse. When the convulsions didn't stop Ariana's mother took her to the hospital. She was released from the hospital and given treatment only for the fever. As soon as she returned home she started to convulse. Her mother took her back to the hospital where Ariana went into a coma for 14 days. The hospital conducted a series of tests and determined Angie had meningoencephalitis*. She continues to have convulsions. Ariana Angy's mother tends the home, her father is a welder. She has two brothers, Henry age 5, and Frank who is 11 months old.

* Meningoencephalitis is a medical condition that simultaneously resembles both meningitis, which is an infection or inflammation of the meninges, and encephalitis, which is an infection or inflammation of the brain. Causative organisms include both viral and bacterial pathogens

Yovana Arias Quispe, age 14, Blind, cisticercosis, Arequipa, Peru. Yovana has been blind since she was 2 years old. At 13 years old she was diagnosed with cisticercosis**, which also gave her convulsions. Through

tests the doctors have determined that the cisticercosis has lessened, but Yovanna still has convulsions. Yovana lives with a companion in her sister-in-law's house. Her parents are no longer in touch with her, and no longer support her. Her grandmother lives in Cuzco (~12 hours by bus from Arequipa) with her 4 siblings who range in age from 5 to 22 years.

**Cisticercosis is caused by a virus called T. Solium, found in contaminated foods. Cisticercosis produces cysts. Cisticercosis can also be spread through contact with people infected by cisticercosis, or through contact with fecal material. This disease is rare in the United States, but common in many developing countries. Complications are: Blindness, decreased vision, seizures, increased pressure in the brain.

Marisol Rosenda Cáceres, age 30, seizures, Arequipa. When she was ten years old, she received news that her father had passed away. She fainted and hit her head. Since then she has suffered from seizures. Her mother also passed away. Marisol also appears to be lightly retarded. Marisol has a 3 year old son, Jorge Luis (pictured). She is a single mother, and earns their living by doing laundry, or working as a vendor. She has two brothers, but she does not know where they are or have any contact with them.

To become a Sponsor for one of **MED TO ONE's** newest patients, sign-up online at www.med2one.org, or contact us at info@med2one.org or 973-626-9928.

MED TO ONE Featured Volunteer

Becky Barlow is **MED TO ONE's** newest volunteer. Becky and **MED TO ONE** founder Tauni Crefeld met in Arequipa, Peru, during **MED TO ONE's** expansion to Arequipa in 2006. Becky is a Physical Therapist and was on the same mission trip with Medical Ministry International (MMI) that Tauni was on, as a means to meet people and establish **MED TO ONE** in Arequipa. Tauni translated for Becky and they quickly realized how much they had in common. Becky can also be seen in a cameo in **MED TO ONE's** video. Becky lives in Philadelphia, PA. As Tauni currently works in Philadelphia at Comcast, Becky and Tauni meet regularly.

Becky has since served as a Physical Therapist for other mission trips, traveling to Morocco

and India. She is also currently attending seminary.

Despite Becky's skills as a physical therapist, Becky's current duties with **MED TO ONE** are administrative. Becky is responsible for sending receipts to donors and sponsors. She also tracks donations to ensure that donors who have pledged to support a patient are faithful with that promise. She started working with **MED TO ONE** in May of this year.

MED TO ONE needs more volunteers! No special skills needed, just a willingness to lend a hand and heart to help our patients. Currently looking for people willing to help coordinate some events to raise awareness and market **MED TO ONE**.

MED TO ONE is a 501 (c)(3) charity.

Trip Report — Continued

sun when we arrived. He ran over to meet us and was animated, alive, and there was a light shining in his eyes. He is taking classes, supported with books and tuition into a non-profit technical institute by **MED TO ONE**. He said before **MED TO ONE'S** support he was depressed, had no hope, and had thought of suicide. Now he was full of hope, and optimistic about his future.

Yomira. Ica is a town of about 200,000 about 5 hours south of Lima. Ica is in the heart of the Ocucaje desert of Peru's west coast, a desert complete with sand dunes and an unforgiving sun. "Tierra Prometida" or "The Promised Land" is a district on the outskirts of town – This promised land looks more like the Forgotten Land. There is a collection of about a hundred thatch and brick huts that huddle against the feet of the barren dunes which continue for miles. The only

SPONSOR VISIT—Continued

ONE has also noted that several of the younger patients are treated similarly, their parents favoring their healthy children over their children with epilepsy.

Sheri and Raquel both tried to encourage Diana, and Raquel inquired into the jewelry-making class that Diana had attended. Diana did not feel like she had the hand strength to do the jewelry. Diana and Raquel encouraged her to continue working at it, and Raquel continually tries to encourage Diana and boost her self-confidence.

After having visited her **MED TO ONE** patient, Sheri wishes everyone could see first hand the difference that **MED TO ONE** is making in the lives of its patients. Giving hope to the hopeless. Providing long-term care for people who have no way of caring for themselves. Teaching people that their life does matter; regardless of their situation or the challenges they face. Sheri also would encourage more people to be personally involved in **MED TO ONE** – and help spread the word so that **MED TO ONE** can support more patients like Diana.

Thank you Sheri, for caring enough to support Diana, and to travel to Peru to see her.

To become a Sponsor like Sheri, sign-up online at www.med2one.org, or contact us at info@med2one.org or 973-626-9928.

thing between Yomira's family's home and the open desert is a line of UNICEF-provided outhouses. Yomira is a 13 year old with epilepsy who also has light mental retardation. She started with **MED TO ONE'S** program in April when **MED TO ONE** expanded its support to that region. While initially very shy during our visit, keeping her eyes downcast for pictures, she gradually opened up so that by the end of the visit she was smiling broadly and even trying to make cameo appearances in some of the scenery/background shots I was taking. Yomira speaks a few words, according to her mother, but I was not able to hear any of them. However, that didn't keep Yomira from communicating to us. When she and her mother showed us her room, despite the heat, Yomira put on the jacket of her school uniform and grinned with obvious pride. She attends school now only because medicine from **MED TO ONE** controls her seizures.

Eder, Yomira, and others like them, are the reason **MED TO ONE** was founded. To give people like them the chance to escape the viscous cycle of seizures and hopelessness, to stabilize their conditions, and to seek education or training to become self-sufficient.

For only \$25 a month you can give the gift of a new life to someone who has no options, no alternatives. To become a **MED TO ONE** sponsor or give a one-time gift, go to www.med2one.org, write info@med2one.org or call 973-626-9928.

Christmas in Peru and Bolivia

While Tauni was in Peru, she celebrated Christmas with some of the patients, providing Panetone, chocolate and milk, the traditional Christmas treats **MED TO ONE'S** patients can't generally afford, though it costs less than \$5 per patient.

The **MED TO ONE** coordinators will be providing Christmas gifts to those patients Tauni wasn't able to visit — in both Bolivia and Peru.

If you would like to provide a one-time donation to help with the costs of this year's Christmas celebration, please send your check to PO Box 26, Bloomingdale, NJ 07403. Or you can donate online at www.med2one.org.



A display of Christmas Panetone in a market in Lima



Yomira with her puppies



"Tierra Prometida" - Ica, Peru



Raquel with Diana and her Christmas gift



Primitiva with her Christmas gifts



Tauni with a Santa sack of Christmas presents in Peru

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:

- **Time?** Willing to donate some time to help with administrative duties?
- **Add MED TO ONE to your corporate "donor match" or giving campaign programs.**
- **Write to your local newspaper about MED TO ONE .**
- **Special Skills?** Know anything about grant writing? Marketing? Accounting or Bookkeeping?
- **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.** 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 24th to Feb 7th — mission to Ica, Peru with Medical Missions.* **MED TO ONE'S** goal will be to identify additional candidates.
- *January 24th to Feb 7th — mission to San Juan, Bolivia with Medical Missions.* **MED TO ONE'S** goal will be to identify additional candidates.
- *March 14 to March 21st — mission to Lima with Medical Missions.* **MED TO ONE'S** goal will be to identify additional candidates.



Our next patient?



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Tauni Crefeld, President
Jon Crefeld, Artistic Director
Dr. Boyd Kroeze, Medical Director
Col Jaime Vazquez, USAF (Ret)
Mike Chung

MED TO ONE is a non-profit charity under section 501 (c) (3) of the Internal Revenue Code.

Contact Information

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WWW.MED2ONE.ORG

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